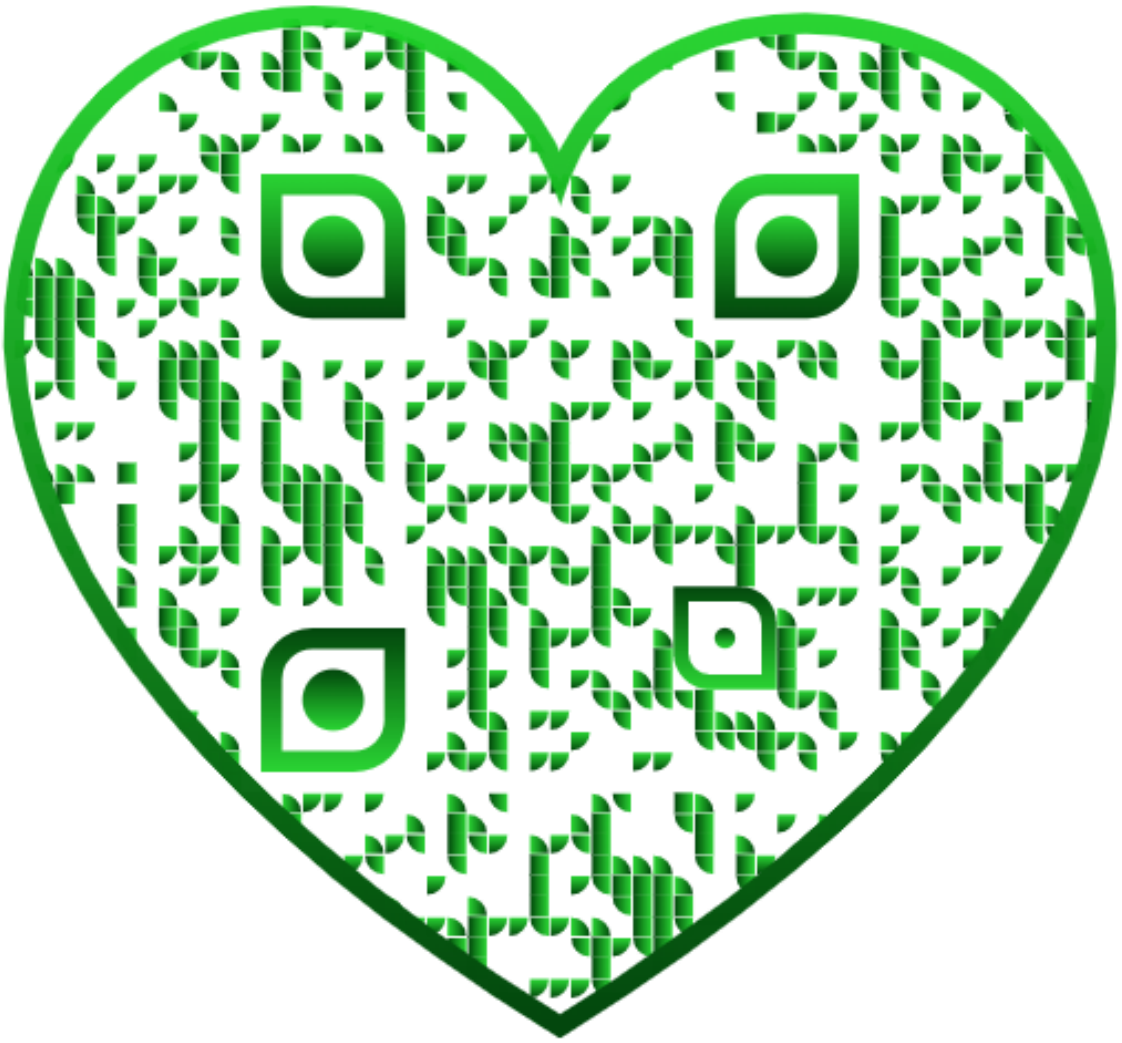
# OUT OF BODY INTO LIFE

*Journeys into spirit worlds and how to get there on your own*

KWAME ADAPA



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## Journeys into spirit worlds and how to project there on your own

# Preface

"Get your own rote"
Entry station sentry to Robert Monroe, in *Far Journeys*

This book is a compendium of experiences that led me to develop and use the ability to project my consciousness beyond the confines of physical senses in order to perceive and explore physical and non-physical realities.

In this incarnation, I was born into a male physical body of the Akan people of West Africa. From a very young age, I knew that I had entered another incarnation where I was a spiritual being having a human experience. For instance, as a young child, I somehow knew that there was life after death. I was also in touch with guides that gave me information about my life's path and some of the things I would experience in the future. Some of this information only made sense to me later in life.

One of those periods, later in life, was after I graduated from college. This was a period when I experienced an incredible transformation during which I proved to myself that I really was a spirit being having a human experience. After many spiritual experiments in my early twenties, I eventually attended programs at The Monroe Institute in Virginia. There, I experienced states of awareness beyond what I ordinarily perceive in daily life, and that gave me more data from my own personal experiences regarding existences and states of awareness beyond the physical body.

But that was not enough for me. Although the experiences I had at The Monroe Institute convinced me that I was much more than my physical body, I had them with the assistance of technology. I wanted to learn how to perceive such realities without the use of technology. I wanted to experience separating physical and non-physical aspects of myself. I wanted to convince myself that I was indeed more than my physical body by succeeding to experience out of body projections.

So I decided to learn how to consciously project out of my physical body. At that stage in my spiritual journey, being able to project consciousness beyond my physical body was an important goal. I first started learning how to get out of my body in 2002, but it was not until 2005 that I succeed in getting out. It was a fascinating journey to eventually learn how to project out of body. Along the way, I learned ancient and modern approaches to manipulating bioenergies and developing my energy centres.

In order to succeed in projecting out of body, I learned from different places and took a number of courses. I first took the astral projection course by Gavin and Yvonne Frost in 2003, that was given by the Church and School of Wicca. After that, I attended programs at The Monroe Institute. I then enrolled in the International Academy of Consciousness (IAC), where I took an intensive course on learning how to project my consciousness out of my body.

Finally, to bring together all that I had learned up to that point, I journeyed to and camped out at a secluded ranch in the Palm Springs desert in California for 8 days. On this trip, I focused on spiritual training the entire time, and fasted (no food, only water) for the last 3 of those 8 days. The aim of the fast was to attempt one of the out of body projection methods I discuss in chapter 6 of this book. Fasting to encourage an out of body projection is one of the methods I learned at IAC.

This training period culminated in the experience I share in section 5.3 of this book, entitled “Out at last!” In the end, I succeeded in achieving a conscious out of body projection. After that projection in 2005, I went through an epic period of experiencing many other out of body projections to explore the many things I had been interested in over the years but had not yet had a chance to explore while out of body.

Most of the experiences shared in this book are the result of those personal journeys. The bulk of experiences occurred in 2005 and are recounted in diary style, where I frequently attempted to cite the date and the time each experience occurred. For me, 2005 was a busy year for conducting spiritual work.

Some who would find this book useful are those who are really interested in the phenomenon of out of body projection but have not yet had their own experiences. The book can be especially useful also for those either beginning their own journeys or who have had their own out of body projections. These individuals can read about some of what I experienced during my travels as they embark on theirs. My journeys would also resonate with those familiar with The Monroe Institute and Robert Monroe's work, since a good part of the terminology and journey map I use come from Monroe's work. Other terminology relating to out of body travel that I use comes from terms used in Waldo Vieira's work and the programs run at International Academy of Consciousness (IAC). So those interested in out of body projection and IAC can also find this work familiar.

"Get your own rote!" That is what a being told Robert Monroe at the 'entry station' in his book *Far Journeys*. This was before Bob entered Earth life experience. This phrase can be translated to mean, "get your own experiences." I resonate strongly with this notion. "Get your own rote" was largely what led me to seek my own experiences and to subsequently share what I found in this book. Learn how to do out of body travel yourself, and then gain the ability to know for yourself many things that you might be interested in that you can learn about through the use of your own spiritual abilities.

Each individual will have areas of interest peculiar to that individual. I used out of body travel to explore the "here-now" or current everyday reality, outer space, which includes our solar system and other star systems, nature spirit realms, different dimensions or energy systems and different densities. These terms are explained in the book. Most of these regions of existence are beyond physical reality, but can be accessed with out of body travel.

Therefore, projecting consciousness beyond the confines of the physical body can be a useful faculty for extending our ability to perceive so much more. Through the use of out of body projection techniques, we can "collect data", analyse it, and learn things beyond what we can perceive with only our five physical senses.

We ARE much more than our physical bodies and can perceive that which is beyond physical reality. With the ability to project consciousness out of

the body as a “sixth sense”, we can learn and achieve a lot. I convinced myself of this. I hope you can as well.

This book falls into two parts. In part one, I discuss some aspects of cosmology as well as a few selected experiences I had at The Monroe Institute prior to learning how to project out of my body without using technology. Part two covers experiences I had after learning how to consciously project without the use of technology. Together, these two parts cover many of the earlier experiences I have had on my spiritual journey.

Finally, I hope you find something of value in this book, to help you on your own journeys to discover more about yourself and about the world around us.

Be all that you aim to be, and happy journeys!

Kwame Adapa, Ph.D.
January 2020

# Acknowledgements

I would like to thank the late author of the Matrix 5 Gold Trilogy, who, through sharing his experiences and description of his out of body experiences, inspired me to attend TMI and IAC to learn how to project out of body. I was subsequently inspired especially by Robert Monroe's journeys. Thank you to both of these individuals who have now moved on. I would also like to thank my friends Diaw, James, and Robert, all of whom helped me in the course of completing this book.

# Table of Contents


1. **INTRODUCTION**

## PART I

2. **COSMIC REALMS**
   - 2.1 The energy of the cosmos
   - 2.2 Planets, stars, and galaxies
   - 2.3 Personality and higher selves
   - 2.4 Bioenergetic vehicles
   - 2.5 Interpreting experiences

3. **DIMENSIONS AND DENSITIES**
   - 3.1 The “here-now”
   - 3.2 Monroe “focus levels”
   - 3.3 Dimensions within densities
   - 3.4 The Higher Self
   - 3.5 Nature Spirit realms
   - 3.6 Planetary, solar and cosmic webs
   - 3.7 Physical and energetic habitations

4. **GATEWAY, LIFELINE, & X-27**
   - 4.1 Prelude
   - 4.2 Gateway Voyage – Visit to Tap Tap’s world
   - 4.3 Gateway Voyage – Visit to Galiga’s world
   - 4.4 Gateway Voyage – World with wormlike beings
   - 4.5 Gateway Voyage – Superflow! Many destinations
   - 4.6 Lifeline – Meeting an old friend in focus 27
   - 4.7 Lifeline – Example of a retrieval session
   - 4.8 Exploration 27 – Science center, library and the “blue orb”

4.9 Exploration 27 – An ecstatic experience at the gathering

## 5. STARLINES

5.1 Focus level reset
5.2 Reset 27
5.3 Inner Earth and focus 27
5.4 F35 – The Gathering
5.5 Focus level 33 and 34/35
5.6 Home base and Voyager 8 craft
5.7 Exploring the Sun, inner planets and Jupiter
5.8 Saturn & beyond
5.9 Freeflow 34/35
5.10 Visit to the Sirius and Centauri systems
5.11 Trips to Arcturus & The Pleiades
5.12 Trip to Orion
5.13 Alpha squared station and the memory room
5.14 Vela, the Crab Nebula, and Millisecond pulsars
5.15 Freeflow Milky Way and the Memory room
5.16 Freeflow Milky Way
5.17 Intro to focus 49
5.18 Virgo supercluster
5.19 Virgo supercluster – further exploration
5.20 Galactic core and the Cluster Council
5.21 Freeflow focus 49
5.22 Galactic core linkup

# PART II

## 6. SOME WAYS TO JOURNEY OUT

6.1 Prelude
6.2 Breathing
6.3 Fasting and thirsting
6.4 Mental saturation
6.5 The vibratory state
6.6 Visualization

# 7. OUT OF BODY JOURNEY LOGS


7.1 The dream that turned into an OBE?
7.2 Out at last!
7.3 Practicing “getting out”
7.4 Playing with dolphins and water elementals
7.5 In and out exercises with helpers
7.6 First attempt at exploring various focus levels
7.7 Retrieval of RB after his death
7.8 Exploring and experimenting at focus levels 8 – 14
7.9 Exploring Earth's poles and Jupiter
7.10 The biracial experience
7.11 Journey into the Inner Earth and to focus 27
7.12 Example of a blank projection
7.13 Journeys to the past, to the future and to subtler levels
7.14 Crash projection – unplanned destination
7.15 Journey to 2050
7.16 Orion and Sirian worlds and the Inner Earth
7.17 Visiting Venus and fire beings in the Sun
7.18 New sensations and special place in focus 27
7.19 Special place and the library at level 27
7.20 Coordinating Intelligences
7.21 Nonhuman intelligences, planning center, beyond 27
7.22 Earth core 27, and focus 34/35
7.23 Rockets/missiles on the moon?
7.24 Projecting lying on one side
7.25 Timeline exploration – an incarnation in Atlantis?
7.26 Dimensional portal and meeting beings on Ancient Earth
7.27 Time travel to the future
7.28 Meeting with a guide
7.29 Alien experiences of the past
7.30 Experiencing a hurricane; cave with many portals
7.31 Electronic NET over London?
7.32 Visit to Nibiru
7.33 Journey into my Higher Self
7.34 Trip to higher densities
7.35 Higher Self Q & A session

7.36 Astral encounters and Earth Core focus levels
7.37 Meeting Bosomtwe lake spirit
7.38 Pulling out other astral bodies to interact with
7.39 Library on focus 27
7.40 Inner Earth beings and communities
7.41 Diary at abode in focus 27 and nature spirit friends
7.42 Visit to pulsar at the Crab Nebula
7.43 Searching for answers on my life purpose
7.44 Visiting two beings whose sigils I drew
7.45 Exploring Jupiter, Saturn, Uranus and the Sun
7.46 Visiting Epsilon-Lyrae and Vega Star Systems
7.47 Meeting key devas of the elements
7.48 More about nature spirits
7.49 Lifeline retrieval and contact with Higher Self
7.50 Time travel into the future
7.51 Body switching and searching for answers
7.52 The remarkable Azam from an alternate energy system
7.53 Magic theory and practice in level 27
7.54 Gotos and Gerub of Jupiter
7.55 Initiating contact in the physical and exploring space
7.56 Conversing with a representative of the planetary spirit
7.57 Visiting a civilization in the Andromeda galaxy
7.58 Practicing receiving rotes
7.59 Journey to the Procyon star system
7.60 Orbs, colors and experimenting with breathing
7.61 The bonding force and experimenting with the elements
7.62 Spiral electromagnetics around the eyes
7.63 Earth's etheric pathways highjacked in focus 21?
7.64 Further exploration of gateways and space
7.65 Projecting as a ball of light
7.66 Experiencing the life of an incarnation in Italy
7.67 Retrieving souls after Haiti's 2010 earthquake

## 8. JOURNEY INSIGHTS

**GLOSSARY OF TERMS**

**ABOUT THE AUTHOR**

# 1

# INTRODUCTION

Imagine what it would be like if you had a radio or a television that played only one channel all day long, until the next day. And then it played the same channel again. Imagine further, that one day, the user of the radio discovered that there were indeed other channels that could be played. All of a sudden, it becomes possible to have channel choices! In such a situation, one channel may no longer be enough. The user of the radio can now access many more channels and hence have many more experiences.

As *the* spirit entity incarnated into your bioenergetics vehicles of experience, you are the listener, and your bioenergetics vehicles can be likened to a radio. With your bioenergetics vehicles, which comprise your physical and non-physical bodies, you have the ability to experience different realms of existence that are within the reach of human consciousness. You can have many different experiences beyond what is possible only in physical reality.

Human consciousness has vast potential. Over the history of our time as humans on this planet, humans have created many different cultures and civilizations. In many of these civilizations, we find or hear stories of human beings able to expand consciousness and having experiences beyond what they perceive with their physical bodies. There are accounts of human beings able to travel beyond their physical bodies into non-physical realms to gain knowledge and transcendent experiences in every age of humanity.

Being able to perceive realities beyond our physical bodies is part of our ability as humans. It is part of how we are built. Just as ancient people were able to use such abilities, modern people are also able to project

consciousness beyond their physical bodies in order to experience non-physical realms. We only need to know a bit about those realms, and to learn how to reach them. In the pages that follow, you will read about the experiences I have had and that I am now sharing, together with ideas regarding the nature of manifest reality in relation to phenomenon of out of body travel.

For some entries, I include afterthoughts years after I recorded the original experience. I found that keeping records of journeys at the time they occurred turned out to be handy because I was not always able to fully interpret the experience when it happened.

Now, let us proceed to part 1 of this book, which covers ideas around layered levels of existence, and which includes some of my experiences at The Monroe Institute.

# PART I

# 2

# COSMIC REALMS

## 2.1 The energy of the cosmos

When we look up in the clear night sky, we see what appears as darkness. A night sky littered with stars when clear. Sometimes we see shooting stars and comets on the rare occasion. It seems that the night sky is mostly empty, but is it really empty?

In my experience, it is far from that. Space is not empty! Consider this. While you are on the surface of planet Earth, your consciousness is within the energy body of the Earth. Once you travel out of body and beyond the reach of the planet's subtle bodies, your projected consciousness is now within the subtle bodies of the Sun, since the planet's own subtle bodies are within those of the Sun. Once you leave the realm of influence of the Sun (i.e. The Solar System and its outer reaches), your consciousness is now within a subtle body of another star or group of stars.

Do you see where this is going? The planet Earth has a gross physical body as its base together with some subtle bodies finer than the base physical body. The Sun has a plasma body as its base, together with some subtle bodies finer than the plasma base. The same can be said of other stars, all the way up to the central galactic 'Sun', and the subtle bodies of this galaxy.

Therefore, whenever you are traveling anywhere in the galaxy or beyond, whether your consciousness is stationed in your physical body or in one of your own subtle bodies, you are either interfacing with a physical body or with a subtle body of a larger celestial identity. Beyond our galaxy, you can

imagine that our galaxy is suspended within the subtle bodies of other cosmic or universal bodies of which our galaxy is a part.

So I introduced this line of thinking to argue that ‘space’ is not ‘empty’. It may be empty of physical objects in many parts, but overall, never empty of some aspect of existence.

Although we may not be able to see the energy of the cosmos or even of our planet with our own eyes, we can perceive some of this energy when we project our consciousness out of body. This has been reported in Robert Monroe’s book *Far Journeys*. I have also perceived the energy of space between stellar bodies or the energy of the Earth’s subtle bodies while I projected consciousness out of body. In my Monroe Institute experiences and also in my out of body travels, I share some of these perceptual experiences.

## 2.2 Moons, planets, and stars

Around planet Earth are zones of experience that are within the energy or subtle bodies of the planet. We have already established this. This is because Earth is alive. All planetary and stellar bodies in the cosmos that are alive have subtle bodies. A stellar body is alive when it has a spirit. For example, planet Earth has a planetary spirit. You might be able to connect with or even meet incarnations of the planetary spirit during out of body travels.

The energy of the spirit gives life to our planet. The planet in turn gets life and energy from the Sun. That life is manifest in volcanoes, in oceans and other water bodies, in the atmosphere and all the life that can be found deep within the Earth. It is also what makes it possible to have zones of experience within and around the planet. This notion of life is also true with moons and even with stars that are also alive. Who would ever have thought that the Sun has beings living in and on it! The Sun is alive.

The spirit energy that connects alive stellar bodies to other alive stellar bodies does so through stellar gateways that form the cosmic web. These stellar bodies communicate with one another through the cosmic web. In addition to the natural exchange of energy and information between stellar bodies, individual consciousness as well as technological vehicles such as starships can travel through these gateways or portals.

If you imagine that moons such as Saturn's Titan and planets such as Earth are alive, then imagine what a star that is alive would be like. In fact, one need not imagine too far out. Our Sun is alive because its energy gives life to the entire solar system. What we see with our physical eyes of the sphere of plasma suspended in space is but one body. Just as humans, moons and planets can have subtle bodies, the Sun also has subtle bodies that reach out into the solar system and further afield, creating zones of experience for beings of different kinds, at different levels of experience. I share perceptions I had within these diverse zones of experience in chapters 4, 5, and 7 of this book.

## 2.3 Personality and Higher Selves

When we look at ourselves in the mirror, we might think of ourselves as the image of our physical bodies that we perceive displayed in the mirror. Are we really just our physical bodies? Do we really look like a being with a head, two arms, two legs, and a midsection that connects all our limbs together? We certainly do, while operating within our physical bodies.

But if we are much more than our physical bodies, then what do our spirit selves appear as? I think the answer to this question depends on which level of spirit self we identify with at any given instance. At the level of our etheric or energy bodies, we may still appear humanoid if we choose to. As we access subtler and subtler vehicles, the form that we take can change.

When consciousness is projected in the astral or mental body, it is possible to take on a geometric shape such as a pyramid, a sphere or in some other shape. It is also possible to take a humanoid shape. In my personal

experience perceiving beings out of body, they can take a myriad of different shapes.

The Higher Self is the part of us that exists at a subtler density and that represents a more complete and evolved aspect of our personality selves that exist and function at the level of physical reality. The Higher Self is responsible for and guides the personality self in a way that a parent guides or has custodianship over a child. This is because the personality self is the Higher Self in essence, the difference being that the Higher Self just has a more expansive consciousness than the personality self. The Higher Self is also responsible for manifesting the reality that the personality self generates.

The subject of the personality and higher selves is fascinating on many levels. Once we get to discuss dimensions and densities, we will return to the topic of different selves whose consciousness is stationed at different levels of the greater reality.

## 2.4 Bioenergetic vehicles

When one explores the spiritual philosophies of different esoteric or spiritual traditions in relation to bioenergetics vehicles, one finds different classifications. For instance, the Ancient Egyptians had various classifications: khet for body, ba for body's double, ka for the personality, swt for the shadow, sah for the spirit, and ahk for the light body (which might be the ascended body). For the Daoists there is a body, an earthly soul (po), a heavenly soul (hun), a spirit (shen) and a luminious light (ling). Different traditions might have different classifications.

What is clear, however, is that different spiritual traditions appear to agree that the physical body is one vehicle for experience, and that there are other non-physical vehicles of experience as well. I call these physical and non-physical vehicles together the bioenergetics vehicles. The term "bioenergetic vehicles" is being used loosely, and it is really just a way to refer to the idea that the experiential vehicles that human consciousness

inhabit are multidimensional and multi-density in nature. This means that as human consciousness transitions from one realm of experience to another, it can switch from one vehicle of experience to a more appropriate one in order to perceive reality in that realm.

One way to think about this visually is to imagine the kinds of vehicles that would be required to travel through the Earth, through the oceans, through air and through space. To drill through the earth, assuming the use of conventional (i.e. Newtonian) science with no force fields or space people technology, a pretty robust vehicle with a drilling edge and a tough exterior would be needed to make its way through thick crust. Through the oceans, a submarine that is streamlined and robust to withstand pressures would be needed. Through the atmosphere, an aeroplane built with light and durable materials would be needed, and to travel through space, a streamlined stellar vehicle would be needed. In other words, one would likely *not* use build an earth-drilling vehicle to travel in space.

In a similar vein, the human physical body, built to exist within the Earth's atmosphere would ordinarily not be the appropriate consciousness vehicle to use to experience energetic and astral worlds. I say ordinarily because there can be exceptions to rules. For instance, an ascended human being can have a body that functions at different densities. With that being said, let us consider, within the ordinary case, some vehicles beside the human body that consciousness can gain experience in. I use the names etheric, astral, and mental vehicles because these are commonly used terms.

*The etheric vehicle*

The etheric vehicle or body is also known as the dream body. It is a replica of the physical body, that has been called the 'double' in shamanic and other spiritual traditions. It grows from birth with the new born child and accumulates memory and information in the form of patterns imprinted onto the etheric fields first generated by each live cell in the child's body. The etheric body is also a blueprint upon which the physical body is based, because it derives from the energy of both parents. Just as we (as spirits) have to learn to consciously control and use our physical bodies, we also have to learn to control and use the etheric body as we choose to become more spiritual.

Once an individual gains conscious use of their etheric body, they can literally perform wonders while projected in this body. It is possible to project in the etheric body, although it has its limitations. The etheric body cannot naturally go beyond a certain region in space, beyond the etheric realm of the Earth. This is just as the physical body functions within the physical realm of the Earth. To go beyond the etheric realm, you need the astral body. In the same way, the astral body cannot go into the realms beyond the astral. For that, the mental body is needed.

Since the etheric body is a mirror image of the physical body, one can experience the etheric versions of the physical senses while consciousness is projected in the etheric body. The sensations can feel even stronger. It is also in the etheric body that seemingly incredible manoeuvres can be performed while projected out of body. When projected in your etheric body, you can do things that may seem impossible on the physical plane. You can fly, levitate, and play with magnetism and electricity in incredible ways.

With the etheric body you can travel on the Earth's surface, inside the Earth and through the atmosphere. It is also possible to travel to other time periods and other realities. It seems to be possible to open wormholes/vortices in the Earth's etheric body while in your etheric body. These can lead to experiencing realms inside the Earth, other dimensions and also back to your physical body as you lay in bed.

*The astral vehicle*

The astral vehicle or body is also commonly referred to as "the soul body" since souls of those departed tend to reside in the astral realm. The astral body is very versatile, as it can traverse physical, etheric and astral realms. Like a Russian doll, imagine that the astral body exists within the etheric body which exists within the physical body. Therefore, in addition to the astral realms, the astral body can travel in the etheric and in the physical realms. Additionally, the astral vehicle is more malleable than the physical or the etheric body – it can take any form the projector desires although it may commonly appear in the humanoid form.

*The mental vehicle*

The mental vehicle comprises even subtler matter than the astral or etheric vehicles. The mental vehicle is inhibited neither by time nor by space and can travel in the physical, astral and mental worlds of spirit! Since it is the

finest of the vehicles already mentioned, it takes a fine and cultivated approach to make the most out of this vehicle. Often the projector begins with experience in the etheric body and then the astral body and finally the mental body. The mental body has no predefined shape since in reality it exists as a thought form housing the consciousness of the projector.

*The light vehicle*

Made of light, the light or spirit vehicle is truly subtle. It can travel to the subtle spiritual realms. When the bioenergetics vehicles are refined to a very advanced extent, what remains is a light body. Beyond this light body, I believe consciousness exists merely as a field of awareness.

## 2.5 Interpreting experiences

One phenomenon that I encountered as while projecting consciousness out of body was interpreting the perceptual data I collected. While in physical reality, “making sense” of experiences entails basing interpretations of concrete experiences on data collected from the five physical senses. In the non-physical realms of existence, another basis is needed upon which to interpret perceptual data. This basis is the notion of form.

So, what is form? Form simply is an organized structure that represents a thought, an emotion, an energy, or a physical object in manifest reality. Forms, therefore, are the “stuff” that make up what exists at different levels in reality. Once consciousness is projected beyond the physical body, our other vehicles of experience can still perceive forms which exists in subtler realms. A common challenge is to interpret these forms once they are perceived and sent to the brain to interpret.

Naturally, since humans spend most of their attention focused on perceptual experiences associated with physical reality, the human consciousness projected beyond physical reality might struggle to “make sense” of “non-sense” data deriving from forms existing in non-physical realms.

To better understand how forms are created and how they end up becoming physical objects, it may help to start with the mental realm. The mental realm is beyond the astral. It is the realm of the Higher Self. As an incarnation of your Higher Self, when you think a thought, it manifests in the mental realm as a form. This form, if it becomes charged with emotion, can descend into the astral realm. From here, the form gets clothed in etheric energy, descending further toward physicality by entering the etheric realm. Finally, the form can become a physical object when the form, clothed in etheric substance, becomes associated with physical elements. This is the process of manifestation.

At any stage of this manifestation process, it is possible to perceive a form, in the mental realm, in the astral realm, in the etheric realm or in the physical realm. This is because humans have mental, astral, etheric and physical vehicles for experience. We therefore access a corresponding vehicle to perceive a form in a particular realm.

So, you may be able to imagine the potential difficulty associated first with perceiving non-physical forms and next with interpreting them. Even when awake in normal physical reality, it can sometimes get tricky determining exactly what we perceive. When we perceive an object, our brains attempt to compare that perception to the most similar object found in memory. This way we do not need to keep perceiving physical forms we already know.

Now, once we find ourselves in non-physical realms, perceiving forms at the mental, astral or etheric levels, our non-physical vehicles translate those perceptions in a way that our brains can make sense of. As these perceptions filter through the non-physical vehicles and into the brain, our brains do what they have the tendency to do when they perceive physical forms. This is to compare that which is perceived to the most similar physical form perceived in its inventory of memory. As such, it is not always easy to perceive and then appropriately interpret forms while exploring consciousness with non-physical vehicles. It may take some effort and practice to be able to perceive objects only, without the tendency to want to interpret what that object might look like physically or be similar to.

As you read through the experiences I share in this book, you will come across descriptions of my experiences where I sometimes struggle to

interpret what I experience while exploring perceptions out of body. This is usually because of the reasons I have just given.

A final point before completing this section. You might be wondering whether there are forms beyond the mental realm, since that is one of the subtlest realm I have yet discussed. Is there anything beyond the mental realm? Well, yes. There are realms, very subtle realms that are beyond the mental realm. This is a very complex subject. Essentially, there are abstract realms beyond the mental realm, however as spirit beings incarnated into human vehicles of experience, we can only perceive so much.

Why is the subject of realms beyond the mental complicated? It is complicated because it takes us into the realm of cosmology, from the unmanifest to the manifest. It takes us to the realm of densities and dimensions, which is precisely the topic of the next chapter.

# 3

# DIMENSIONS AND DENSITIES

## 3.1 The “Here-Now”

Imagine what you see when you look around you on an ordinary day. This will be a day when you have not experienced any external influences such as alcohol or other mind-altering substances that would influence your state of mind. So with a mind that is clear on any average day, you are likely to see physical objects around you. Some of these physical objects would be alive, while others would not. The state of mind you are in when you perceive all that is around you during normal waking consciousness can be termed the “here-now”.

The here-now is the awareness of everyday life. This is a term that I came across while taking programs at The Monroe Institute. It is only one of many possible “consciousness stations” that you can tune into. The here-now is important because it is the state of mind or the “consciousness station” that the majority of us spend the most amount of time in while incarnated in a physical body. This is because the here-now is also the state of mind that corresponds to the reality we experience through our five physical senses. We can call the here-now state of mind the five-sense perceptual reality.

In the five-sense perceptual reality, we see, feel, touch, smell, and taste impulses coming from our environment. Our minds subsequently turn these impulses into information that help us build pictures of objects we perceived in physical reality. Through the use of out of body travel techniques, it becomes possible to perceive beyond the physical objects we perceive through our five physical senses.

It is common to call states of mind different from the five-sense perceptual reality "altered states of mind". This is because these are states of mind that are altered from what one would ordinarily experience in the here-now. Many of the experiences I share in this book occurred in such altered states of consciousness.

## 3.2 Monroe Focus Levels

Robert (Bob) Monroe was a pioneer in consciousness exploration who first began to experience spontaneous out of body projection before he learned how to control and bring about the phenomenon consciously. He wrote three books that outlined his experiences and that have now helped many to learn more about what can be experienced beyond physical awareness.

Among the many helpful legacies Bob Monroe left behind was a map of the non-physical realms that other consciousness travellers can refer to as a guide during their own travels. In chapter 18 of his book *Ultimate Journey*, Bob Monroe explains that the term "focus level" originated from methods developed at The Monroe Institute (TMI), which is located in Virginia.

These methods are not arbitrary at all. In fact, it is arguably the case that the methods, the delineations that have come to be known as "focus levels" by those aware of TMI, came from revelation by a very advanced spiritual being known to Bob Monroe and TMI as "Miranon". Who is this being Miranon? Well, we might never know for sure. What we do know, is that among the many beings that TMI interfaced with, Miranon was one of the very advanced ones. This was a being whose consciousness was stationed at seventh density (see the next section). That is the level of what some have

called the “Oversoul” or the “Monadic Self”. For comparison, our higher selves are stationed at the cusp of fifth and sixth densities whereas our personality self is stationed at third density. These densities shall all be explained in the next section.

Back to the story about Miranon and how TMI came up with the focus levels. Essentially, TMI depended not only on Bob Monroe but also on certain individuals who acted as consciousness explorers or “scouts”, often guided by Bob to explore non-physical realities. I suppose this allowed TMI to triangulate data points and to carry out qualitative research in a true sense of the term. At any rate, these individuals that TMI worked with would phase out of reality, using the hemi-sync technology designed by TMI, to then explore realms of non-physical reality. During some of these explorations, TMI encountered Miranon. It was Miranon that gave TMI the description and the details of the focus levels.

If you have attended the Gateway Voyage program at TMI, then chances are that you are already aware of the influence Miranon had in bringing about the focus levels. When I attended the Gateway Voyage program back in 2003, we were still being told about Miranon. We were given information about Miranon. Maybe things have changed since then.

For the benefit of those who may not know, Miranon informed TMI that the levels of reality are related to the number 7. I find that interesting because the number 7 is special in some occult contexts. For instance, human beings are said to have 7 major chakras. Chakras are energy centers that interpenetrate physical and non-physical bodies. In fact, one can draw parallels between the seven chakras and seven densities of reality that we are about to discuss in the next section.

Returning to the topic of discussion, Miranon taught TMI that there are seven levels within this octave, and forty-nine sublevels within the seven levels. These forty-nine sub-levels are the focus levels I have mentioned previously. So the first seven sub-levels, the first seven focus levels, from one level, which we will soon call “first density”. That would be focus levels one to seven. The second seven sub-levels form “second density”.

That will be focus levels eight to fourteen. The Third seven sub-levels form "third density" and so on.

## 3.3 Dimensions and densities

Now that we have introduced the notion of focus levels, and have also briefly touched upon densities, we can go into this topic in some greater detail. But before we do so, let me mention that I got my understanding of densities first from the *Matrix V Gold Edition*, published by Val Valerian. I subsequently learned much more about densities from *The RA Material*, that covers the Law of One. Anyone who is interested can learn more from The RA Material, which is freely available online at the time of writing, at www.lawofone.info. The Matrix V Gold Edition, however, is currently no longer in print. In my opinion, however, The RA Material covers more ground on this topic, and in greater depth. For instance, here is what the entity RA says about densities in book 1, session 16:

"I am Ra. The term density is a, what you call, mathematical one. The closest analogy is that of music, whereby after seven notes on your western type of scale, if you will, the eighth note begins a new octave. Within your great octave of existence which we share with you, there are seven octaves or densities. Within each density there are seven sub-densities. Within each sub-density, are seven sub-sub-densities. Within each sub-sub-density, seven sub-sub-sub-densities and so on infinitely." (p. 165)

So as you can see, RA, just like Miranon, relates the densities to the number 7. RA however appears to go into even more detail than Miranon does, but the principle is the same. Basically, Miranon gave two levels of abstraction: the density and the sub-density. The sub-densities are the focus levels 1 to 49 of this octave's 7 densities. TMI trains program participants based on the 49 focus levels. RA however implies that there are sub-levels within sub-levels within sub-levels, ad infinitum. For me, this is where the notion of dimensions comes in.

I got my notion of dimension from exploring different energy systems and understanding that within a given density, it is possible to experience countless dimensions of reality. So in my writing, I use the term "dimension" to refer to a vibrational variation of existence within a given density. That just means that dimensions are small space-time variations in a given density. Thus, dimensions are other realities within the same density, and there are an infinite number of them. For instance, I have experienced what I termed dimensional realities even within levels, such as 6th and 7th density.

Now let me explain the notion of density as I use to refer to my experiences in this book. One way to think about densities is that the lower number densities are closest to physical matter. Density one is the densest in terms of physical substance. It refers to elemental energies that make up elements that in turn make up molecules and compounds. Proceeding from density one, substance gets subtler and subtler. How does the notion of density relate to focus levels?

| Density | Focus levels | Consciousness level |
|---|---|---|
| **First density** | 1 – 7 | Elemental level (fire, air, water, earth) |
| **Focus 7 buffers 1st/2nd** | | |
| **Second density** | 8 – 14 | Animals and trees |
| **Focus 14 buffers 2nd/3rd** | | |
| **Third density** | 15 – 21 | Earth humans and other sentient beings in the galaxy |
| **Focus 21 buffers 3rd/4th** | | |
| **Fourth density** | 21 – 27 | Other sentient beings in the galaxy |
| **Focus 28 buffers 4th/5th** | | |
| **Fifth density** | 29 – 35 | Higher Selves incarnating in 3rd density at Focus 35 |
| **Focus 35 buffers 5th/6th** | | |

| | | |
|---|---|---|
| **Sixth density** | 36 – 42 | Higher Selves not currently incarnated in 3rd density |
| **Focus 42 buffers 6th/7th** | | |
| **Seventh density** | 43 - 48 | Great Selves / Monads / Oversouls |
| **Focus 49 buffers 7th/8th** | | |
| **Eighth density and beyond** | 50+ | "Astral zone" of galactic spirits, and beyond |

*NB: buffer zones have both the qualities of their density and the next density leading after theirs.

Well, we can think of focus levels as being sub demarcations within a given density. In other words, focus levels one to seven would correspond to seven sub-levels within density one. Focus levels eight to fourteen correspond to seven sub-levels within density two, and so on, until focus level forty-three to forty-nine corresponding to sub-levels of density seven. The next seven levels after focus forty-nine constitute eighth density and into the next series of seven levels of experience that are for all intents and purposes beyond current human experience.

Explained simply, first density comprises the gross physical level. These are the elements that make up our bodies and in fact that make up all that constitutes physical reality. Entities that embody first density have primal awareness. This means that their consciousness is limited to the element they belong to. For instance, entities whose awareness belongs to the fire element would not also express awareness in the water element. Within the human body, first density would correspond to the elements, molecules and compounds within the body. That is, calcium, carbon, potassium, water, and all the basic elements.

The next level is second density. Entities at this level of awareness can embody unity awareness. By unity awareness, I refer to awareness at the level of an organism. This could refer to the awareness of a simple organism such as an insect to a larger organism such as a tree. Therefore,

second density awareness can be aware of its own bodies, and of other bodies. They have a group mind consciousness such as is found with animals or trees. Second density awareness is aware of space, has memory and can experience basic emotions. So we know that animals can express emotions and also have memory. There have also been some experiments conducted on trees to show that they can experience pain and probably terror as well. I remember one of the first experiments I carried out back in 2003 when I first started learning qigong. I interfaced with a tree that was dying and experienced incredible pain and sorrow.

At the third density level of awareness, in addition to being aware at the primal level of density one and also at the organism level of density two, the awareness also encompasses an awareness of the passage of time. This is what allows third density awareness to process events as past, present and future. Third density awareness has the faculty of cognition, of the logical and of the intuitive faculties. This is because entities with third density awareness can process information linearly, piecing together observations and making deductions from factual information. As such, third density awareness can deduce information beyond personal memory and experience.

Fourth density awareness has all the attributes of third density awareness. In addition to these, fourth density awareness is not constrained by time. By this I mean that fourth density awareness has the ability to travel back and forth in time, unlike third density awareness which processes linearly through time. As such, fourth density awareness has access to etheric realities and different energy systems. Fourth density awareness is however still constrained by space, in the sense that entities with fourth density awareness still incarnate and still have a body that is subject to the rules of physicality. So we may come across other humanoid races with amazing abilities and technologies, not constrained by time, but still having to exist in space of one kind or another.

Beyond fourth density, time and space are no longer constraining factors. Fifth density awareness, then in addition to embodying the awareness of fourth density and below, is neither constrained by space nor by time. At the level of fifth density, conscious awareness has access to different space and

time locations simultaneously. The fifth density awareness integrates its experiences across all of space and time and is individualized. Our Higher Self is stationed at the edge of fifth and sixth densities.

Whereas the fifth density awareness comprises the sum total of incarnational experiences in across space and time, at the sixth density level of awareness, higher selves exist as a group. Therefore, there is the sum total of experiences not only for one Higher Self, but across a multitude of them.

Finally, seventh density awareness includes an integration of all experiences across Higher Self groups in the preceding densities. If personality incarnations are on a planetary level, and Higher Self incarnations are on a solar level, then what I call ‘great selves’, or what others have called the ‘monad’ or the ‘Oversoul’, which is essentially the ‘Higher Self’ of our higher selves, incarnates at a galactic level. There are of course levels beyond seventh density awareness.

## 3.4 The Higher Self

For our current level of experience within third and fourth densities, the Higher Self is important because it constitutes the sum total of all our incarnational experiences within these two densities. Our higher selves can be thought of as a more integrated version of ourselves that is experiencing existence outside of time and space. It sends out extensions of itself into incarnation in third and fourth densities to learn through doing.

Section 2.3 above briefly touched on the Higher Self. In this chapter, I want to relate the focus of consciousness of the Higher Self to the Monroe focus levels and to densities. The Higher Self can be thought of as occupying a level of awareness that is at the cusp of fifth and sixth densities. This is a solar level of awareness. To understand what this means, it may help to think about the personality self. While in third density, we occupy physical bodies and live on or in some cases inside our planet. Once our physical

bodies die, our etheric and astral selves live within the etheric and astral realms of our planet, until the next physical incarnation.

In an analogous fashion, our higher selves occupy ‘bodies’ that can be thought of as being made of some subtle plasma. At any rate, they are made of substance within the subtle bodies of our solar system. When transitioning from fourth density astral to fifth density mental awareness, at TMI, the change occurs through a leap beyond the planetary sphere of influence into the solar sphere of influence.

To conclude this section, it is important to emphasize the central role our higher selves play in our experiences at this stage of our evolution in third and fourth densities. As we grow and continuously accrue experiences in the physical and astral realms, we add together those experiences to become our higher selves. So our higher selves act as our guides while we are still collecting incarnational experiences. Eventually, we become our higher selves once all our past, present and future incarnational experiences in third and fourth densities become integrated.

## 3.5 Nature spirit realms

If you can imagine all the physical structures that exists in the universe that support the experiences of spiritual beings at various levels of consciousness, these structures, some of them physical matter, others subtle matter, are collectively created by the nature spirit realm. These will include planets, moons, stars, and so on. These structures have outer subtle bodies. They also have inner realms.

To better understand outer and inner realms, let us return to the level of the personality self. I take for granted that the personality self has various subtle bodies that are used to gain experience. When you sit to meditate, you may project your consciousness out of your body and into the subtle realms around your body, around the planet, the solar system and beyond. That is the outer direction. Rather than project consciousness into outer space, you may also choose to extend your consciousness into *inner space*.

Inner space represents the inner, non-physical reality within body consciousness. What does that mean? It means that when you sit to meditate and you focus your consciousness within yourself, rather than projecting out into the universe, you can extend inward to experience the non-physical realities within the space inside your own body. You may be able to experience the consciousness of your various organs for instance. Now, if you were to fall asleep and dream, you might have dreams while in the non-physical dimensions within your body. You might also have dreams about the non-physical reality outside your body.

Why is this important? It is because I am attempting to describe what happens at the level of the personality self, in order to explain analogically what happens at the level of a planet or of a star. Basically, just as the personality self has non-physical realities in both outer and inner space, so, do planets and stars. When I took Exploration 27 (X-27) at TMI in 2004, we had the opportunity to explore Earth Core (EC) focus levels. These focus levels parallel those of the regular focus levels, in the sense that just as there is focus 25, for instance, there is Earth Core 25, or EC-25. The experiences at focus 25 and EC-25 differ however. How do they differ? The Earth Core focus levels pertain to the nature spirit realm. What that means is that just as you would find discarnate human incarnations on the astral focus level 25 for instance, you can find Earth spirits at Earth Core 25.

The Earth Core focus levels are fascinating in their own right. Bob Monroe seems not to have discussed them in his trilogy. I believe these focus levels were included in TMI's programs later. I first experienced them when I took the X-27 program at TMI. Since taking the program, I have explored these focus levels on my own, so you will find accounts of them in sections where I discuss out of body journeys.

## 3.6 Planetary, solar and cosmic webs

Section 2.2 introduces some of the material discussed in this section. During my travels, both at institutions such as TMI and IAC and by myself after learning how to project consciously, I routinely travelled through

tunnels or wormholes that led to gateways or portals to all kinds of places. From these journeys, I confirmed for myself that just as we are connected to Planet Earth through our energy body and projected consciousness can travel through wormholes in our planet's subtle energy sheaths, our planet too is connected to the Sun through portals within subtle energy. The Sun is also connected to other stellar bodies through portals or gateways. These connections, between planets and stars and other cosmic bodies collectively form the cosmic web.

As you read through the experiences I share in later chapters, you will frequently come across this theme of gateways and portals. It is one of my favourite topics as far as consciousness projection is concerned. Through these portals, it is possible to travel to different locales. It is possible to travel back and forth in time. It is also possible to travel to different dimensions and densities.

In my Starlines Journal (chapter 5), there are many accounts of travels through such gateways. A planet in the solar system I visited had such structures that allowed for different kinds of explorations. While consciously projecting out of body without the use of technology, I also found even more of these gateways. So I have come to believe that living things are just connected by these webs of energy through which information can be exchanged and through which consciousness can travel from one place to another.

## 3.7 Energetic and physical habitations

The final section of this chapter touches upon a topic of physical and non-physical places you can find human and other incarnations. The physical world is most familiar to us. Some of us are also familiar with non-physical or energetic habitations. Individuals originating from indigenous cultures or even some from modern cultures may be aware of the "little people". These are nature spirit entities who live in energetic worlds that overlap with the physical, making it possible for them to travel between non-physical and physical habitations. In my explorations, I came across energetic or physical

worlds that had “people” inhabiting them. Inhabitants in some of these worlds appeared humanoid like us while in other worlds they did not. So you might find that you come across both kinds of worlds and have such experiences in your own journeys.

# 4

# GATEWAY, LIFELINE & X-27

## 4.1 Prelude

Before I learned how to consciously project out of my physical body without the use of technology, I experienced altered states of consciousness through the use of hemi-sync technology. Hemi-sync is a trademark of The Monroe Institute. It is technology that synchronizes both hemispheres of the brain while guiding conscious awareness to shift away from normal waking perception in order to perceive other aspects of reality. In this regard, use of the hemi-sync technology may or may not result in an out of body experience. This is because the technology can allow an individual to explore the dimensions within the body-mind or beyond it. So is an important distinction to bear in mind when reading about the experiences I share in chapters 4 and 5 versus those I share in chapter 7.

I first experienced hemi-sync when I attended the Gateway Voyage program at TMI in October 2003. This program was and likely still is the entry level program at TMI for experiencing awareness beyond the physical. It has a journeying component, but the program and the experiences I had were much more than just journeying to other energy systems.

After the Gateway Voyage program, I enrolled in the Lifeline program in July 2004. This program focuses primarily on offering service to incarnations that have transitioned through death. Often at the time of death, some incarnations lacking awareness of what comes afterward may find themselves “stuck” still in the physical/energetic realm or in a time period they were in at the time of their death. These discarnate entities can be stuck at these levels for a short or for a long time. They progress either when their

own insights allow them to conceive more beyond what they had allowed themselves to consider, or if they receive assistance from other beings.

In the cases where the use of hemi-sync results in consciousness projected beyond the body, it is possible to help these discarnate entities move on into various locales in the astral. Lending such assistance is a main purpose of the Lifeline program at TMI. This assistance is done through what is known as “retrievals”. The Lifeline program however entails more than just doing retrievals. In this book, I share only two of the experiences I recorded in my diary during the Lifeline program. Both of these experiences give some idea of the journeys I carried out during the program.

The third program I attended at The Monroe Institute was Exploration 27. This was in August 2004. Exploration 27, or X-27 for short, is a program for exploring focus level 27. At level 27, there are a lot of advanced discarnate humans and other entities helping with Earth life and also with those who have transitioned beyond the belief systems territories of focus levels 24, 25 and 26.

After X-27, I took the Starlines program. Starlines focuses a great deal on exploration of star systems and different densities. I had a ton of fun during this program. I also learned a great deal and took extensive diary notes, a lot of which I share in this book. My experiences at the Starlines program also greatly influenced what I explored during my OBEs shared in chapter seven.

So in essence, the experiences recounted from my TMI diaries focus on journeys into other realities and the experiences that occurred during these journeys. The entries are presented as they were written or recorded at the time of the experience, with minor editing where appropriate.

The Gateway diary has entries from travels in focus 21, since that was the level where I could make trips out to other energy systems. The Lifeline diary has one entry where I met an old friend from another incarnation, and a second entry that details a retrieval session I did one of the exercises. The X-27 diary shares two events that were significant to me while taking the program. I have now processed these experiences so I can share them with a

wider audience. I included most of my Starlines diary because the program focuses on journeying. Now let us proceed to the experiences!

## 4.2 Gateway Voyage – Visit to Tap-Tap's world

TMI exercise – Late afternoon – Free flow 21 (trip 1)
October 2003

"Tap-Tap's world"

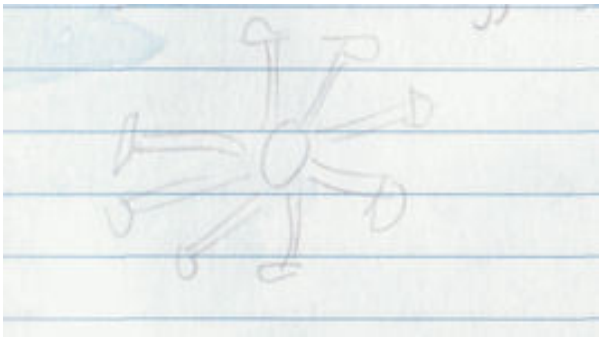
Wow! 21 is fun! The highlight of my trip was a visit to "tap-tap's world". I remember reaching 21 and crossing the bridge. I stopped for a moment and voiced my intent to explore focus 21, upon which I saw myself hovering over this white bridge and on further.

Then I got to an interesting spot where I perceived what looked like webs created by spiders with round or oval clusters connected by webs of lines. These were probably etheric lines leading to different places. I decided to investigate and zoomed in close to one of the clusters. This led to a "world" where I perceived this "creature" which looked like an insect or a crab. It was immediately hostile, but I backed up and said, "Hey, hey, hey, relax!" At which point it did. I transmitted to it a picture of Earth in our solar system and a picture of the galaxy with Earth's position and it sent me an abstract image.

Anyhow the interaction continued. Each question had an answer! I asked it what it does in this world and it showed a picture of a weird looking building. And then I asked "what else?" It then sent yet another picture of what I perceived to be a ball suspended in space with a line through it?

Then I asked whether many visitors come here, at which it showed me a sort of flowing picture and a gigantic structure from base to top. I asked whether there were others of its kind around and the precept was hazy, but I got the precept that there were.

I then asked a few more questions, but it was time to leave so I asked if I could ever return this world and I was told "Yes", that I now had a percept of the place. I then headed out back to a place where I could once again perceive the etheric webs. From here I dived in once again to investigate another world. I was led to another place with a structure looking like this:



Initially I wasn't interested in this structure, but then I decided to investigate. It seemed to be a structure in space? I zoomed in and looked around. Very elaborate technology, this one was. Then I left. Finally, I went to the pyramid world I've seen several times on earlier exercise, but I didn't spend that much time there before it was time to return to C-1.

## 4.3 Gateway Voyage – Visit to Galiga's world

TMI exercise (evening) – Focus 21 – Free flow (trip 2)
October 2003

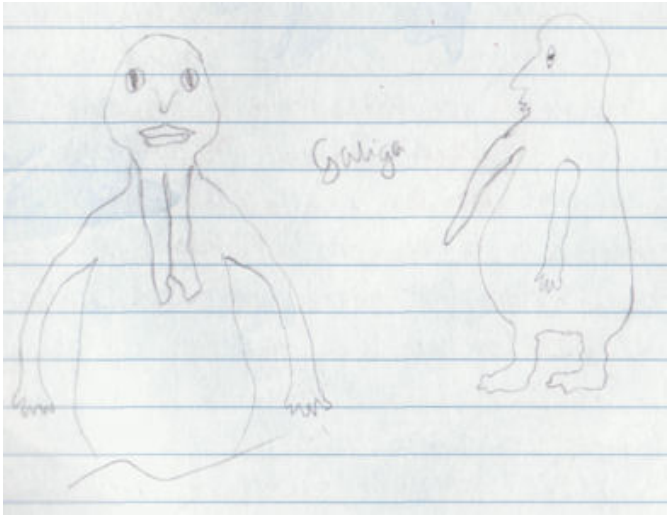
"Galiga's world"

This one has been my first clicking out experience since I arrived! I made it to focus 21 and was checking out this energy system when I just went at lightning speed through what felt like I don't know what! I then arrived in

this world centred round a pyramid. There were lots of lights everywhere. Then something happened that caused me to click out. May be I wasn't welcome here? I asked to see reptilians so my guide supposedly took me to a reptilian world. Looking back now I'm not really sure what happened though.

The first world I visited before clicking out was however quite cool! There was a structure that looked like this:

It was a very huge structure in the vicinity of a civilization. I actually saw humanoid creatures here this time. I asked a lot of questions, but there was a crowd where I entered into this world and the feeling here was that the people didn't want to communicate with strangers. I was however lucky and got one of the denizens to communicate so I asked him/her/it some questions. What I remember from the interaction was that there were about 12,000 beings working there. When I asked where the planetary denizens came from I was taken outside and shown a planetary body visible from where we were standing. I asked what its name was and the being said something like 'Galiga'. Now, I'm beginning to suspect that they were an outpost station of some sort. Galiga had the following look:

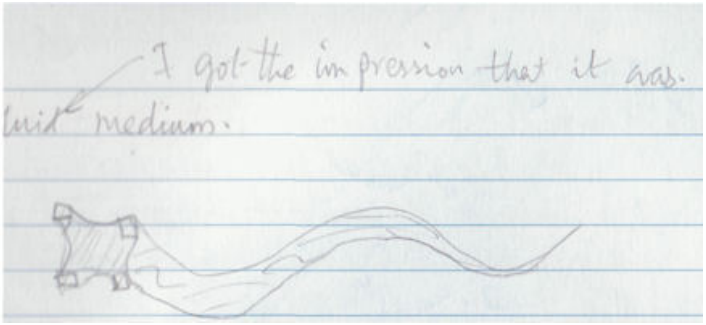


## 4.4 Gateway Voyage – World with wormlike beings

TMI exercise (Morning) – Focus 21 – Free flow (trip 3)
October 2003

I created a meeting location where I returned to a couple of times. It's a place with two pyramids and a mountainous terrain.

Anyway, I perceive my "guide" as a pyramid or space capsule, the shape I saw as I was going up to my Higher Self. Then the pyramid and I had a wonderful long and complex journey through wormholes. It was difficult to keep up. There were tunnels upon tunnels, it was such an interesting and fun experience! Then I perceived clouds, planets, solar systems, then eventually the planetary body with a ring around it. This is a place I saw earlier on in focus levels 12 and 15. I proceeded to the planet.




Here I met a creature that I show above. It seemed as if this creature was in a fluid medium. I followed this creature into a huge place. I said "wow" when I got there because there were so many of them there. When I asked them a question, they all answered in unison. "Have you been in contact with humans?" "NO" "Are you happy I'm here?" "YES" "Do you get visitors a lot?" "NO", etc. All of this was telepathic, of course.

Then I left and met my "guide" and then there was a cool thing that happened. I saw me talking to myself and thanking myself! Then an image of my created meeting place was sent through the time wormhole to what looked like Earth. Then I got back!

## 4.5 Gateway Voyage – SuperFlow! Many destinations

TMI exercise (Lunch time) – Focus 21 – Superflow! (Trip 4)
October 2003

Gosh! This one trip was a bag of experiences! First, Amazing Grace, played before the exercise began, took me up to my Higher Self. I wept in a mix of joy and nostalgia. Then, I spent tons of time in focus 12 accessing Higher Self information. I felt like my energy body was getting bigger and bigger. It felt like being in a space ship, only that the energy sensations were strong.

*Experiences in my Higher Self*

Then, once I was in this place, I filled it with my questions, but no answers came immediately. After a while I perceived a man approaching me,

wearing a suit (see section below). I asked him about my incarnational level and choice of physical body for this incarnation but didn't get straight answers immediately.

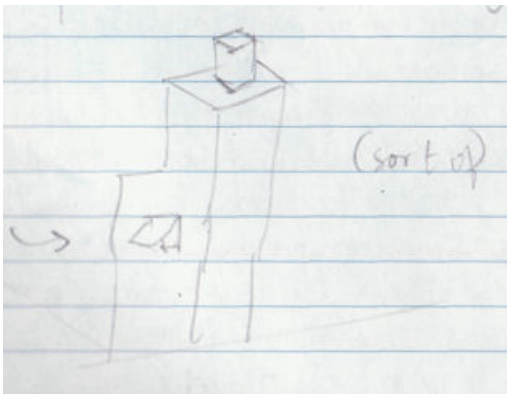
Then there were images of what I perceived to be former incarnations? They were all male at first. The first one was a Buddhist monk. I was given a glimpse of the monk in a monastery with trees around the monastery. The man wearing the suit (the man I met earlier) then transformed into a sphinx that was being carried by a number of men. I perceived them to be black and they were marching. I was leading. They were carrying the sphinx in a sort of palanquin. Is this meant to be an Egyptian connection? Then, I was given an image of a man, an old man lying in bed. The man seemed ill. The sheets were all white and the man was Caucasian. I got the impression that this was rather a modern time.

I was getting images of only men, so I asked for images of a female incarnation, whereupon which I got the image of a man slapping a woman. So I wondered – Oh, a wife beater?!? Am I the man or the woman? More likely he woman, I thought, since I asked for a glimpse of a female incarnation.

Then I thanked the man in the suit and travelled up the colours, past focus 15 to focus 21.

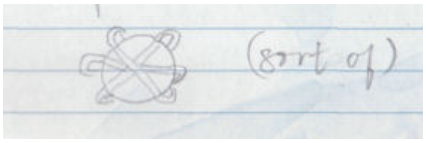
*The lonely amorphous being*

As I got to focus 21, I made it my intention to have whatever appropriate experience that comes my way. I saw the image below, and a signal or feeling to enter the window.




So I did, and I encountered a being that first looked like many petals of roses put together in a very amorphous sort of way. I entered and this being began to move. I then get trapped so I attempted to leave, but this being wouldn't let me. So I said to it, "You know, I can leave and enter my body anytime." I got a percept that this being understood what I meant, so it appeared less threatening. I began to ask it questions.

I didn't get a name but instead got a percept of what it does and why it lives there. I perceived loneliness. I can't remember the rest of the interaction now. When I was ready to leave, this being still didn't want me to leave, but this time it presented me with a gift. Its body morphed into a hand and a finger and it pointed at a ball of light above my head. That ball slowly descended, getting smaller and more compact until it looked like this:




I don't know what this thing is but I got the impression that it can be used as a source of light. Also, at one point the 'thing' I received changed shape and looked something like this:

Basically, it got bigger and more spectacular. I will check it out later. The being then released me and I ‘floated’ up the structure and away from the place. There was much light as I floated up.

*The world with the pyramid in the middle of the forest*

I then went to this pyramid place that had a pyramid in the middle of a massive forest. I went through the forest and found a straight path that led right into the structure. I quickly entered and searched around, only to find a very interesting creature.

This was my first experience of perceiving my surroundings in ‘colour’, since starting these exercises. This being appeared as a floating formation of swirling colours.

As I arrived, it shapeshifted into a sort of brownish colour and kept floating. My suspicion is that it did so in order for me to perceive it. We exchanged information about galaxies. I asked for a tour of the place and got one. I couldn’t perceive other beings around, but had the impression that I was expected to be there. I asked if there was any information my civilization could benefit from and I got an image like this:

I felt I had to give something back so I gave it my notion of cosmology and some spiritual concepts, mostly from what I had read in *Matrix 5 Gold Edition*. Oh, now I remember more. I gave it an impression I was a simultaneous incarnation and it sent me back what seemed to be a picture of a sequential Higher Self? Surprising! I asked it to show me what it had on the table and it did. There were different kinds of holographic devices. The 'table' was a platform with all sorts of cool stuff on it.

I then thanked the being and left. I don't remember the rest of the experience after this.

## Addendum – Superflow

*Experiences with incarnations inside my Higher Self*

I had another experience earlier on this week while doing the Problem Solving tape exercise in focus 12, where I saw the "guy with the suit on" for the first time. As I entered my Higher Self presence (deep focus 12), I had several images. One was a white kitchen with dishes. There was an image of a tree with fruits and "prickles" on the fruits. This was what I got after asking questions about incarnation and purpose.

Then there was another image of 4 cookies stacked up. There was an image of a golden world with pyramids – possibly in response to the question about Atlantis. There was an image of a snake with a red head. There was an image of me approaching a cliff side, laughing but with the intent to jump. Could this be how I'll finally die? Throughout this, there was much throat and 3rd eye chakra activity and much heat on the body.

Then I saw 3 faces. Then there were 2 conversations between me and the faces, but what was spoken was too fast or too low in volume to be heard.

Or maybe I was not meant to remember it. In any case, it sounded inaudible. Then there was one word that I got that came out of the 3rd face – congratulations!

Then I could see the bodies of the faces. The 3rd guy had a huge head with grey hair, he was short, simply dressed and had keen interesting eyes. The 2nd guy had a suit on, grey hair and red lips, and also had interesting eyes. I didn't see or don't remember the body appearance or sex of the first face. All of them looked clownish and acted funny – they were a bit goofy, but also serious and dignified. They had a lot of life in them.

## 4.6 Lifeline – Meeting an old friend on focus 27

Lifeline Exercise # 10 – Free flow 27
July 2004

*Meeting an Old Friend!*

This is getting more and more interesting! First the bridges in 25 have taken a life of their own and developed new and several interconnections into many belief systems territories. If this is a structure I created through thought to aid me with travelling in focus 25, then it is evidence that thought acting upon thought has a life of its own!

Second, as I travelled through focus 26 (much light!) I developed what seemed to be a 'circular light tunnel' with exits on each side, the exits going into different belief systems. I didn't spend much time here, as I had to go to focus 27.

*The mysterious woman*

Upon arriving in focus 27, I first checked my abode to see what I created during the last session. It turns out it was a 'pyramid house' on a lawn, right at the edge of the woods. Then there were more surprises! I decided to check out the reception enter so I imagined a place with loads of people present. I got there and felt the most amazing warmth ever! It was amazing. And then the surprise happened. I met another person, this time a woman.

She had on a purple-blue garment that included a headset and full-body attire. At once, the thought came to me that she was someone I knew. I began with, “Who are you?” But she wouldn’t tell. I told her I was at level 27 doing something related to TMI and that although I may know her from some other time or place, I was there from my present incarnation so my performance in remembering who she was may not be stellar. Well, I got the impression she knew I was coming to level 27 anyway.

So, what happened next? I asked her whether she would be comfortable talking while we stand, but then I got the percept that she had a better idea. We grabbed a couch somewhere and began talking. She was so eager.

*An experience in melding*

At one point, I don’t know what was going through my mind, but I suggested we go somewhere and ‘meld’. She was so cool with the idea it almost seemed to be hers. So in an instant the terrain changed and we were walking down some rocks to the beach. As we got down to the beach, her clothing just seemed to melt away and in their place was an exquisite soul, appearing as a breath taking body! We melded, and I was like, this is very weird! And so cool!

And so it was. It felt SO good and my entire spiritual (and physical) body shuddered. The event lasted only an instant, during which time I could perceive nothing around me.

*The planet with a ring around it*

Afterward, we sat on a big rock with a ‘sun’ behind her and beneath her, the ocean. We ‘conversed’ and I got the percept she had known me over a LONG period of time. I asked her how far back we went, and she showed me the ‘planet with rings’ which has appeared so many times in my previous experiences. I asked her to give me some rote on the place and she gave me the ‘location’, so I quickly journeyed back there. Been there a couple of times in the past, but never to explore. I went there during the Gateway Voyage program. As I arrived at the location, I simply wanted to just get in there and start looking around, but I was repelled by some force! Why? She also showed me a bunch of eyes, but what does that mean?! She performed some manipulations and manifestations and I asked to be taught

the skill. She sent me a ROTE on it. I had to ask for permission to explore this place. Talk about good manners! So after doing that, I was granted permission and was taken to a place of exquisite beauty. This was a location of a civilization, one that looked like Manhattan but much more advanced technologically. I didn't really explore much as I wanted to get back to being with 'her'.

*Wild fun!*

Upon returning, she put on her clothes (in an instant) and we were off into the park at level 27. I asked her where she lived, and we instantly found ourselves atop a very long tower looking down at a forest.

Now this was the coolest thing ever. She was like, "follow me" and I was like, "ok!" Before I could even smile, she dived off the tower and into the valley and I followed suit. There were a bunch of big birds down there, bigger than ostriches but look-alikes. She grabbed one by the neck and it began to run through the woods at top speed! I did the same and we both looked like we'd turned the necks of the birds into flags. The feeling was wonderful. Exhilarating!

Eventually the birds came to a moderately sized lake and gradually came to a halt. There were ferns and other pre-historic looking plants around the lake. We got off the birds and strolled into a field with flowers. It was here that she told me she knew I was coming to focus 27 consciously in the out of body state, so she wanted to give me a good time. We began to play among the flowers. She had some good skills changing her form and 'doing stuff' and then changing back again.

Alas, it was time to return to c-1 consciousness. I gave her a hug and a kiss and my throat and heart chakras were singing like crazy!

## 4.7 Lifeline – Example of a retrieval session

Lifeline Exercise # 16
July 2004

*Retrievals*

There were lots of retrievals this time. The first was about a guy called Gary Coleman, who lay 'dead' in the forest behind his farm. This was in like, 1926 or something. We picked him up and took him to F27.

Next was 'James', who just popped into my awareness as we were going through F23. He also made it to F27 where he met his family. He met with his wife and children and others. He was really touched.

Then there was Karl Schroeder, who was a pirate and was killed by pirates. I liked the guy. I appeared to him in pirate apparel, chatted for a while, picked him up onto my "ship" and we were off to 27. We appeared at the ocean in front of my special place. From here we went to the reception centre. I advised him to 'take a shower'.

The Mayan guy was next. Everyone was sitting around him as we arrived, almost as if they were praying. We arrived, and without words he 'knew' we were there to pick him up. One of the members of the gathering at his funeral could sense us. One of my guides tossed him a holographic display of replicating pyramids. It was so cool, and even I was amazed at the sight. The guide retrieved it and off we went with the Mayan to F27. This guy however felt more comfortable 'with his ancestors' so off we went to the belief systems territories. I personally witnessed him meeting his 'ancestors'. There were two discarnate entities I perceived. He knelt before them and did a greeting and they did a greeting and took him in.

Next was Mino, who was "stuck" at the top of a building in what looked like ancient Rome. We picked him up in a "chariot" and off we went to the belief systems territories. He was met by a bunch of priests, and one I perceived to be a god. Was it Janus?

Last but certainly not the least was Yuki. She killed herself in a ritualistic murder while there were others present at her death. I had 3 of my guides with me and we all approached her. Each guide and I were dressed up in traditional Japanese apparel. She liked the show we put on! One guide did a sword display. Another did a nunchaku display and the last did a sai display.

I did a normal martial arts display. She was impressed. We took her into the belief systems territories.

## 4.8 Exploration 27 – Science center, Library and the "blue orb"

Exploration 27 – Exercise # 14
August 2004

*Touring the science centre and the Library*

Wow. First was the trip from home base to the education centre. We went over farms in people's homes and through the woods. It felt like being on a shuttle. The first stop was at the science centre. Seems like some serious work goes on here! I got a tour of this place. It was hard for me to perceive, in general. There were rooms where some research was taking place. Much of the research seemed like Earth research, and non-alien. The centre is huge!

I saw rooms below us, and stuff in those rooms. I would like to go back to do some further exploration. I intended to ask if there's any way I can correspond with scientists on Earth and in X-27 on projects. I'm not sure yet what the answer was.

The tour of the library was just marvellous. After creating the intent to tour the library, I perceived a glowing being which I at first thought was a light portal or something of that nature. Then I perceived what to me seemed like a man with a long beard (hmm!) He gave the tour of the library. The library is HUGE! My god! I was taken to a level where I could see for myself the vast expanse of the library. Amazing!

It is here that I received the 'blue orb' from one close by (see below). I am not sure if the 'orb giver' was one of the tour guides or not. I made it clear that I didn't have any knowledge of the orb and needed help using it. It is then that I got a rote on how to use it. I ran the rote in focus 10 as I was

getting back. One thing I learned from the run was that I can transmit the orb information to the others as they sleep. I'll see what else I learn from it.

### Addendum – Exercise #14

Before I arrived at the Exploration 27 program, I had a dream-vision in which there were a number of people sitting in a circle. The location was TMI. I was giving out blue orbs to these people. "What was that all about?" I thought, after waking up. The interesting thing is that a day or two after this tape exercise, and *still* at TMI, one of the participants in my program J, stuck a drawing of a pyramid inside of which was a blue orb, in my TMI diary which I left in the 'dining room' meeting place at Robert's Mountain Retreat! Now, how about that! When I asked him what the drawing was for, he said he'd just drawn it for me and he wanted me to have it.

## 4.9 Exploration 27 – An ecstatic experience at the gathering

Exploration 27 – Exercise # 18
August 2004

Visit to focus 34/35 - The Gathering

This was it! The experience I was waiting for! First, I got to 34/35 and I was shaking uncontrollably. I projected (or tried to project) emotion and friendliness and I could feel presences, I could feel them all around me, but I didn't know how to communicate. Then for a while the vibrations (which were mostly around my face, 3rd eye, throat and heart chakras) receded.

The vibrations stopped. And there was total calm. And then I thought “why don’t I try to communicate something to them?” So I projected the image of the solar system, then the position of our solar system in a remote arm of the galaxy. THEN! I projected an image of the gold wire (an image from the colour plates in the book Matrix V Gold Volume II) passing through the Earth, from the core, and ending up in the 5th density. That got a response! It was one of uncontrollable emotion for me, of a very weird sort. The vibrations came right to my forehead, my throat chakra and my heart chakra, which was off the scale. I was compelled to grieve. I cried – a lot! Then I sent out 2 images: one of the simultaneous incarnate Higher Self, with many incarnational streams dangling down from the nexus. The second was of a sequential Higher Self with a single incarnational stream dangling.

This released even MORE emotion. It was amazing! Then I decided to send these entities some gifts so I wrapped up a bunch of spheres in gold light and sent them out, with high vibrations and emotion. Wow! That ushered out even MORE emotion from me. Then it was time to return and Dar’s voice appeared in the headset asking us to return. Dar is a program facilitator at The Monroe Institute. As I “went down” I felt very sad and I didn’t want to return to C–1. I cried because the emotions were extremely intense. The shedding continued all the way to C–1 and, whereupon I was overcome with an intense feeling of joy. Wow…This was a prime example of an intense experience for me! I will never forget how it felt, the quality of it.

# 5

# STARLINES

## 5.1 Focus level reset

March 4, 2005

The first exercise of the program was a recap of the focus levels 10, 12, 15 and 21. The hemi-sync signals were of very clear quality and Dar's voice was used. In general, we were taken from 10 to 12, 15 and finally to 21. Each focus level felt like a "freeflow" on its own.

Some interesting things happened in this first exercise. In focus 10, I began to experience the signs that precede an OBE. I went along with the process. I wasn't sure whether or not I was fully separated, however I experienced the classic lack of breath pattern that for me follows a separation. Also important to point out was the nature of focus 10. It seemed much more expansive than I've ever experienced before.

Then came focus 12. I experienced going up a flight of stairs leading to what appeared to be a colossal Greek or Roman looking building. The thing was big! It had what looked like guards at the front door. I got into the structure and found many, many humans (or human looking beings) walking toward an unknown destination. I joined the crowd as we all proceeded forward in a slow march. A brief description of the appearance

of this colossal structure: it looked brown all over, almost dirty, almost like it was in a desert or smeared with red-brown clay.

After a while, it occurred to me that I could float above these people. At the thought of that there was a gradual upward displacement of my second body and then I could see far ahead of me with a blue or bluish light in front. I moved towards it, and CLICK! There was a change in locale. I found myself outside somewhere, some place, all blue, moving, a creature/being of some sort behind me. It had the appearance of the leviathan creature at the beginning of the cartoon movie Atlantis – the lost empire.

Soon it was time to move to focus 15. I am not exactly sure where focus 12 ends and focus 15 began. Especially with the above descriptions, I'm not sure whether they were in 12 or in 15 (this writing occurred the late night/early morning after the exercise because I slept right after these experiences, longing strong to get back. With more discipline in the future, I would avoid this. Before going to bed, I made a mental note to write these lines upon waking up.

Transitory occurrence: I got images of sexual overtones occurring between S and another man, but I was unable to figure out who this other man was.

One occurrence that was rather interesting was the definite distinction of a change in locale or from one experience to another. Very similar to the CLICK! description given in Robert Monroe's books. One moment you're in one place, another moment you're someplace else, completely different. I experienced this with a click between the scene with the leviathan creature and a scene where my perception focused on the woods (i.e. I found myself wading through the woods). Colour was different – black and white and movement was stable. I just kept moving I can't remember now if this was focus 15 or not, but it was before I moved through the colours to reach focus 21 (I also went into the woods once again, sometime between 21 and returning to C1 consciousness.

In focus 21, something interesting happened. At first I did not perceive the bridge. I consciously imagined the structures I created in 21 when I first

experienced that level – am in reception centre in its own right. I can't remember all that transpired, but the perceptions were very clear. At one point, I perceived the bridge. It was crumbling while I was right in the centre of it. Why?

On the way back, I experienced what seemed to be a "forever" time. Did this to occur in focus 15? I don't remember what happened during this time, but something did. Did I click out? I was still semi-conscious of the experience. Great start to the week!

## 5.2 Reset 27

March 2005

Now, there was a lot of activity in this exercise. Dar's voice offered no specific guidance. (i.e. now you're in 12, now you're in 15 etc). Initially, I tried to stick with it. There was a clear and definite infusion of energy in what seemed like focus 10/12. I felt the energy enter my eyes from both ends almost as if a line was drawn across my face with energy entering through my eyes. I didn't feel the usual OBE signs I've become used to, in focus 10.

Before long, I heard the cues for 21 and beyond so I set my intent to be in 27. At 27, I found myself on the balcony of TMI-there, looking up at the hills. As I turned around, I think I saw a liquid-like being (liquid, like the Stargate event horizon from Stargate SG1). The being looked and moved like the metallic robot being CP30 from the *Star Wars* movies. I also saw another being that looked like a "necromonger" from Riddick. During all of this, there was much interference with what information was coming in and it began to disturb me.

I then saw a disk shooting a number of missile-looking objects at me. At first I thought these were illusions. Then, I was surrounded by dark beings with one being walking around me almost menacingly, almost in challenge. This surprised me because I didn't think dark beings could access 27. Was I

even in 27 at all or could these be other thought forms coming through from somewhere else? In fact, I saw a society that seemed to have a non-physical culture. Perhaps I was flitting from one place to another?

Side note: As I was getting into higher focus levels (21 and beyond) I saw an image of snakes. I imagined it away, thinking it was an illusion. I also saw faces in focus 23.

Now back to focus 27! After the encounter with the dark beings, I returned to the Nancy Penn center at The Monroe Institute, went in and saw the crystal on the premises. I had left my pic-code here in the past. I use a quartz crystal as a pic-code. The large crystal looked like it definitely had a structure. It didn't look just like an obelisk. Rather, it looked like a crystal tree.

I perceived the participants of the program different from what they seem in C-1. Some looked Greek, others Egyptian, B M looked like a tall being of light. I did this by focusing on each and seeing what I got. Perhaps these are other incarnations of theirs?

After this exercise, I began to entertain doubts as to what really was going on at TMI-there and whether it really was focus 27 that I'd reached. The perceived presence of the dark beings is a direct cause of this suspicion.

## 5.3 Inner Earth and focus 27

March 2005

In addition to being a reset of the inner Earth journey experience, this exercise employed the use of the One-Breath technique to bridge travel between the inner Earth and home base at focus 27. Before the One-Breath technique was used to go between Earth Core 27 (EC27) and F-27, Dar guided a journey from EC to F-27 going along a cord that goes from the six-sided crystal, through C1 and up through the levels to F27.

As part of the journey, I went up and down this cord, beginning at Earth Core, stopping at C1 (the surface) and continuing to 27. After this exercise, Dar mentioned that we have now bridged the gap between EC and F27.

*Experiences and Observations*

Here are some results and observations. I experienced a powerful surge of energy throughout my body and especially on my face and in my eyes. This occurred as I instructed my body to go to the necessary focus level required to do the exercise. The energy had a warm feel to it.

As I descended into the Earth's core I could actually feel the descent. In other words, I was aware of moving deeper and deeper into the denser energy of the Earth, although it did not feel as dense as I had perceived it in the past.

Once closer to Earth's core I experienced a distinct movement of the crystal in two different ways, both oscillating. The entire crystal was moving. I got a series of pictures. One was a faint image of a Stargate. I saw (presumably in the core) a control room, a large rod looking almost vertical with a ring barrier around it so as to restrict access to the rod. This place looked like a nuclear reactor.

I remember being in the presence of some beings and showing them a discharge of the Stargate from the Sci-fi TV show Stargate SG1. At first I couldn't perceive any beings, but then after projecting this discharge, I once again experienced the warm energy I felt before and this time in front of me was a being with a mask on its face? It had emerald light in the background.

Random images: I saw some facilities underground. None looked particularly nice. One looked like a caged prison. I also got an image of dead people lying down on the ground. During the trip up the cord to F-27 (an energy line connecting EC-27 to F-27) I stopped at C-1. I got an image of a large space ship landing somewhere (presumably in C-1) with many soldiers coming out and standing outside it. The space ship looked like those from Star Wars.

*Other images*

An image of a tall obelisk projecting over the clouds, and of the beautiful Mayan-looking pyramids on the "cord-street" to F27. I remember opening my energy conversion box (ECB) and seeing a vertical pillar of gold light rush out of it. The ECB is a mental tool that is created during the Gateway program. We imagine putting our anxieties, concerns and worries into the ECB at the start of a journey. The ECB then converts all three into available energy.

*Final note*

It appears that I projected out of body during the exercise, since the return (getting back into the body) was a distinct re-integration. I may have projected out during the last exercise as well. Overall, my lucidity level has improved.

## 5.4 Inner Earth and focus 27

March 2005

In this re-run of focus 35, we practiced using the one breath technique to switch between Earth Core 27 (EC27) and home base at Focus 27 (HB27). First, we got to F27 using pic-codes at each significant focus level (10, 15 etc.). At F27, we used the one-breath technique (with the help of sound cues) to switch between F27 and EC27. After doing this enough times we began the catapult phase. During the catapult phase, there was a background vibratory sound that increased as we alternated between HB27 and EC27. It was useful to move along with this sound to increase the vibratory state. After about 5 or 6 alternations, we were catapulted to F35.

The experience of F35 was different from the last one, 8 months ago when I took X-27. It was still dark there. Initially I perceived none of my fellow voyagers and no other beings. Then I saw a human looking being, face with thick sideburns, rather thick curly hair on the head and humanoid form, in an attire that somewhat resembled a gown.

I projected to this being, “I perceive you!” As I projected this, the being remained in my perception. I then straight away began to ask questions about stargates or gateways in planets and stars, my current favourite subject. The thought that most of these meetings in the higher densities are purposeful alerted me to be more cordial and patient and to suspend the question and answer session for now.

So, beginning with introductions, I introduced myself. The being then introduced itself. The being’s name sounded almost like a sound made with the mouth when air is sucked in. I made it clear that I was experiencing problems perceiving my fellow travellers and other beings present, whereupon the terrain changed. I seemed to see a sky, what looked like mountains above clouds. This was good! The being I perceived was human before or had some experience incarnating on Earth.

The beings present created what looked like an Earth-like environment that I could perceive. It was a huge meeting place like that of a coliseum in front of a temple-looking structure. I now perceived a few other beings. One looked insectoid with all blue eyes, no pupils. I was surprised, but I may have met a being like that before in the past.

It was not long before I had to return. I asked for an organized energy ball (ROTE) to further perceive what I experienced while at that level.

Rote contents:

- Many spheres/disks
- Galaxy or many stars? A star cluster?
- Image of the meeting place described above
- Other beings I had not perceived before. One had the facial structure resembling the “DNA mad scientist” from an episode in *Farscape*
- Image of a planet (Earth?)

I sent out:

- Images of animals (lion, bird, dolphin, horse, deer) and got back some nice vibes.

## 5.5 Focus level 33 and 34/35

March 2005

Most of this exercise was similar to the previous one in terms of set up. The difference was that after reaching and experiencing F34/35, the return trip was not straight down to F27. Instead, we actually stopped at F33 for a free flow length period.

*Observations*

Right at the beginning of the exercise, I got an image of a huge tree growing up into the skies, with bright white light in the background. In F27 (my special place), I accessed further portions of the rote I got from Exercise 4. I perceived what seemed like a planet with a ring around it. I also perceived a round object with a geometric figure around it. The corners of this geometric figure projected to the round object (gold coloured) like spokes. The geometric figure had 8 sides – octahedral.

At F34/35, I perceived the whole team this time. We walked through a long column and then appeared in a large open area where we met.

F33 is a place of much energy. I "opened all access channels" and simply absorbed what was coming in. Also, some melding took place. I heard voices and some laughter. I could perceive different aspects of my personality. I perceived a transparent house (also at the beginning of this trip, I perceived a house by itself in the cosmos, surrounded by star? Home?)

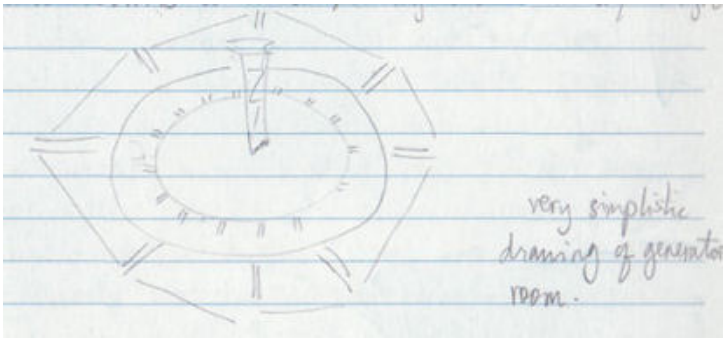
*Later addition*

It appears that I was sent a ROTE on what the Voyager 8 (V8) multidimensional spacecraft looked like! This realization only came about much later, after reviewing these notes. Also the information from the rote was consistent with subsequent perceptions of the craft, in later exercises.

# 5.6 Focus level 33 and 34/35

March 2005

Voyager 8 is a multidimensional craft (made of light energy) used in the Starlines program to explore levels above F34/35. It is a spherical ship with spoke-like protrusions veering out of it to form a star-shape. According to the being on board who gave me the tour, it is an octahedral shaped craft that begins to rotate and which then makes it look like a globe with a ring of liquid light around it once the main generator crystal, found in the generator room, is activated.




The rote I got earlier in exercise 5 about the spherical object with ring around it was probably voyager 8. I felt I knew what to do in order to operate this multidimensional craft, just from the information obtained from the rote.

I requested a tour and got one. I remember asking some very specific questions about how V8 works. In the short time that I had for the tour, I requested instead a rote on some of the specifics of the functioning of this craft.

The personal pod is a small detachable “energy” pod that is used for personal exploration while traveling on V8. Each program participant leaves the main ship in their personal pod to make explorations and investigations before returning to the ship. The trip in my personal pod was interesting. I slipped into my pod and went out into the cosmos. It seemed as if the cosmos was hazy, almost as if there was a fog in space. It was

certainly not just dark. That is how I perceived it. I looked at Earth, but I did not perceive a clear view of the planet in space as commonly depicted on TV and in movies. In fact, it looked as if it was covered or hidden from view or that something was in the process of being formed right there where the Earth was meant to be. Is this what the Earth looks like in the higher densities? I wondered.

*Other observations*

The Sun looked different. It had a huge, thin ring of energy around it, an elliptical one. And at this level, the Sun looked white, not yellow. Some of the other planets also looked funny. I made some observations:

a) Jupiter looked blue, with a blue ring around it
b) Saturn looked green
c) Uranus looked white, and
d) Neptune looked greyish.

Thought: It could be that being on a different level of perception (i.e. at a higher density) from the normal physical third density, the heavenly bodies appear different.

I then went back toward the Sun in my personal pod. I had a strong pull toward the Sun, but was warned by someone (a guide?) not to fully embrace the experience yet.

Then, I returned to V8. During this exercise, I found that I would get tired while in the personal pod, and had to go back a number of times. My guide (tour guide) on the ship appeared in orange apparel, had brownish face with a white beard and white hair. He was definitely human looking. It was now time to get back to V8 and to close the exercise. This first trip was absolutely fabulous!

## 5.7 Exploring Sun, Inner Planets and Jupiter

March 2005

This exercise involved a quick trip to X-27, meeting at the group crystal at TMI-there, then a one-time bounce to EC27 to propel up to F34/35, where V8 is boarded. The exploratory journey then began at the Sun, moving on to Mercury, Venus, Mars and finally ending with Jupiter. At each stop, Dar suggested that we ask for old memories to find out what we would get from these planetary bodies.

*Exploring the Solar System: Sun – Jupiter*

Information I obtained from individual bodies: The Sun may have beings living inside it, almost like fire beings who work with the energy of the Sun. I was comfortable remaining in the centre of the Sun, floating and meditating. Mercury didn't produce much interesting information in the beginning. At first, I began the journey floating atop a planetary body. Could it have been Mercury? Later on, while returning to C-1, I "remembered" being inside Mercury, in a dark place with pillars. There was a being in there with a non-human looking face. Venus was much more fun. I connected strongly with its energy. I saw domed cities and was able to travel more easily through to its planetary core. The domed cities were inside the planet. Mars also had its surprises. One image I got clearly was a water lake in the midst of mountains, with a sort of mist over the water. I also got images of some beings. One had a reptilian looking face. Jupiter was also interesting. More information on it features in the next paragraph.

*Travelling through planetary cores*

It seemed that part of my task in this exploration was to energetically connect the Sun and its planets with strings of energy. I do not know why this was the case. Starting at the core of the Sun, I would go right through the north pole of a given planet, passing through its planetary core and emerging on the other side, the south pole.

Mercury was a good, easy trip. Venus too had loads of energy. Mars, now that was a different matter. I wasn't able to go through its planetary core. Why? I experienced resistance with Jupiter as well. I entered a place at the planetary core. It looked like a dark platform that could serve as a landing base for some craft. Going out of this dark place (presumably the core) led

to another dimension, totally different on its own. Jupiter was weird like that. Fun!

*Other observations*

The energy feel during these trips is wonderful. Very high level, powerful energy is felt when at these higher focus levels. On the way back, a rote opened, from which I saw one of the beings that helped me on V8. Dressed up in a Star Trek type uniform, the being had no hair on its head. It had large yellow eyes, white skin and it was humanoid.

## 5.8 Saturn & beyond

March 2005

This exercise completes what was started in exercise 7, proceeding from Saturn, and onward to Pluto. At each planet, Dar suggested we ask for messages and memories. And now, an account of my experiences.

First, a comment about being out of body during these exercises. It is getting more difficult to maintain control when out of the body, but the perceptions are clearer. The difficulty lies in maintaining focus while zipping around to past, future, and to other locales. From F34/35, it's much easier to lose concentration and to end up elsewhere.

Also, I get the sense that not all the beings on V8 are happy helpers. I encountered a feline-looking being that bit my arm when I put it on its shoulder. Maybe their space also needs to be respected? V8, the craft, appeared much clearer this time. The basic design remains the same as what I reported earlier. The vehicle consists of rings that go around the craft from top to bottom once movement is activated.

*Journey logs*

Saturn has a portal system through its north to south pole that seems to require asking permission to get into. I entered the portal region from the

north pole. The polar region or vortex actually had to open up otherwise I would not have been able to get in. Once inside the planet, I experienced what looked like a whole other world, so deep, so huge. Long, thin rectangular structures that appeared upright, possibly made of stone. This is what some of the beings live in. The structures look like rectangular stalagmites. There are many beings living inside Saturn. I didn't explore its moons in much detail.

Uranus was a blast! Its north-south polar portal system seems to have an accelerating function that can propel objects far into the stars! Since the planet is tilted, it's strictly not north-south, but rather east-west. Essentially, we're talking about the portal system that goes through the poles of the planet. I played around a bit with this. Also, I did not get to explore the moons of Uranus. I encountered 2 beings which live inside Uranus. One is based on an elephant archetype, although with no trunk. I was told they were based on elephant. Another is based on bison! They're both humanoid with animal heads. Maybe they are products of hybrid experiments? They looked very human and didn't have advanced technology. I spoke with some of these beings, but have forgotten what we talked about.

Neptune was a planet of surprises. First, to get into the planet, I had to go through a portal system on one of its moons that lead directly to the surface. It appears that there is plant and animal life on Neptune, from the perspective of these journeys. There's also water there. There are several layers of existence on Neptune and loads of life on it. The several levels of life are maintained by huge crystals that maintain the atmosphere and life. The clouds have several layers to them and some kind of chemical reaction goes on in them. There are also alien bases inside the planet, although they may not be very friendly, as there are electrical interference nets that can hinder out of body explorer activity.

Pluto has much now, both on the surface and in the inner dimension, where it appeared to be snowing when I visited.

## 5.9 Freeflow 34/35

March 2005

The journey began in C-1, up to HB27, down to EC27, up to V8, a free flow in this solar system and finally our first journey out of the solar system to view the sun and nearby stars. Then back to V8, exit V8 to HB27 and finally returning to C-1.

And now for the results! The energy this human body works with while in these focus levels is really great. In my case, it manifests as heat. The entire body feels hot. After each exercise, the muscles ache, especially the arm muscles, as they've been lying still for so long during the tape session. The shift in perception from higher densities to C-1 is so clear with the return journey. After this particular journey, I could see through my eyelids.

It is important to mention that before starting this journey, I got an image of a hut under a large tree, with ambient light in the background. Concentration is also becoming more and more important with these exercises.

The first stop on this voyage was to the sun. I simply appeared before the sun and asked permission to interact with the intelligences that operate in the sun. After that I was "sucked" into the sun! I heard "I love you", and I replied, "I love you too". This is really bizarre. I usually don't really talk like this. Then I circled inside the sun, so fast, that it was almost like I had lost my individuality in the essences of the sun.

I then shot out of the sun towards Jupiter. As I approached Jupiter, I realized that I had taken a "line of energy" from the sun. I then dived into Jupiter from the north pole, moving towards the core. It was almost like a line a diver takes when going deep sea diving.

*An incredible time travel trip*

Now, Jupiter was a trip! First, I got into the core of the planet through the north-south pole dimensional portal. From the multidimensional core of Jupiter, I travelled through a dimensional pathway that took me deeper and deeper into what appeared to be a time warp. I was like, "oh my god!" Imagine those wormholes that appear in TV shows such as Stargate SG1. The only difference was that this trip was taking me deeper and deeper into a time warp, from which it was possible to branch off and then get back to

continue the journey. It was fascinating! At one point I "got off the ramp" into another time period where I saw a HUGE black hole from a very far off distance. This black hole was sucking up entire galaxies that even appeared as specks of stars!

Back into the time warp, I got to a point that had a singular, yellow-green looking "tunnel" which I chose to take. Having the energy cord from the sun was such a great help, otherwise I may have gotten lost. I realised that I was really travelling in time, although I wasn't sure whether I was going back or forward. At the end of this trip, I entered a timeless space where I perceived two strands of something. Time? DNA? I got the bizarre idea of creating 12-strand DNA in this timeless space. Why?

Also important to note is the "energy crystal" I saw on this journey and which I brought back with me. It looked very much like a quartz crystal cluster only that it was glowing strong. It contains some coded information which I don't fully understand. I tried to analyse some of it on V8. Currently, I have this crystal in my hut, what my special place in focus 27 has evolved into. I put an energy bubble around it and have started decoding it with my holographic computer. I was getting an urge to begin using this crystal immediately on my astral body, to bring it down to TMI-there or to share its info with those on V8. It would be interesting to see what comes of this, what codes there are to decipher in it.

After this incredible trip, I "thanked" the sun and Jupiter. It was time to return to V8 and to move beyond the solar system. At first, I didn't perceive anything as we moved beyond the solar system. I then perceived a number of stars. One bright white star in particular just appeared right in front of me, but there was not enough time to explore it. It was already time to return to C-1.

## 5.10 Visits to Sirius and Centauri systems

March 2005

The main part of this exercise was the introduction to the new focus level of 42. For this exercise, much of the process leading to boarding V8 was

similar to previous exercises. The process of reaching 42 was pretty much handled by V8 in the sense that the craft journeyed to the higher density associated with level 42, with us aboard. All we pretty much had to do was charge it up with our energy. Travelling from F34/35 to F42 was a blast though. The outer terrain changed. It looked like the outer the blue haze seen outside star ships in Stargate SG1 and Stargate Atlantis series as they journey through hyperspace. My vision this time was in black and white. During this exercise, Dar did her usual thing and suggesting that we ask to receive messages or memories of the places we visit. Our first stop was the Centauri system, and the second was the Sirius system.

*General notes*

Before the exercise began, I got an image from the hut in F27. It showed bright, luminescent light coming from inside the hut. It was presumably from the crystal I found in the last journey. Also, the tree outside the hut looked "dead" or had no leaves on it. The background light around the crystal cluster was present. Not knowing what this meant, I decided to return the crystal cluster to the time dimension from which I took it, in case its power was too great to handle. Now that I had been there before I wouldn't really get lost finding my way there. Later on during this exercise I got another picture of the hut. This time the trees had leaves on it, but there was no ambient light, neither in the hut nor in the background. I had by this time returned the crystal to its place. If I take this to be a litmus test, then it is perhaps the case that keeping the crystal at F27 could have led to some unforeseen occurrence. Hopefully I have now copied its information onto my holographic rote device in my hut in F27.

On V8, I met the being that wasn't nice to me. This was the one that bit me before. I also realized that I was being watched by others on the ship, to see whether I would react to this being. This being really has some powerful energy. It knocked me down when it got into my presence, actually sending me some good energy. I also did likewise. After I saw that I was being watched, I sent out a wave of appreciation to all the helpers on board. I also saw a creature that looks like a yarn ball (with several tentacles running off it) floating above, also observing in my direction. Could this be a sentient being? Could it be a biological probe? We will hopefully find out soon.

April 26, 2007 – Note: I mentioned my encounter with this unusual entity to one of the Starlines program facilitators, who promptly went onto V8 and made sure the being wouldn't be a threat to me or to anyone. He told me that this was some kind of elemental/nature spirit entity with powerful energy, but one that did not have a high level of awareness. After he interacted with it, the being "understood" the effect it had on me earlier. It is interesting that the description L gave of this being was just as I'd perceived it to be, although I never really described to him what the being looked like before he went out there.

*Hanging out in the Centauri system*

The first stop occurred in the Centauri system. I sent out the intention to meet the 'blue Centauri beings' that I had learnt about. Instead, I was met by a being that looked and exuded evolved energy. It had a turquoise look with a yellow lining. It was also humanoid and reptilian or amphibian in appearance. One feature about this being that also had some form of clothing on were its eyes. It had large, dark almond-shaped eyes with eyelashes and a mouth that looked like a frog's mouth. Altogether, this being had pleasant facial features, from my human perspective. We began communicating. I asked this being about humans on its planet, but it kept creating in its palm reptilian looking holographic forms representing what it claimed were the beings in that system. This didn't sit well with me, since I thought all of the Centauri system should be occupied by humans. Also, I wasn't sure whether I was in alpha or omega Centauri, but I got the feeling it was alpha Centauri I was at.

So I tried to go to Omega Centauri to find some humans, but this being I just encountered would not go away! It followed me to the new location. I even tried to create holographic images of blue human looking beings in my palm, just as the being had done, but my creations changed to reptilian structures resembling walking crocodiles! Was it the being that was doing this? I remember trying to check the being out to see what it really looked like.

Eventually my attention was taken to two separate scenarios. The first showed a rather primitive human habitat in a cabin of some sort. Where was

all the flashy technology? Where were the advanced human societies? I saw none! The second scenario showed a scene with dinosaurs. So perhaps the Centauri system also had dinosaurs, just like Earth did? I got the impression that in terms of time, it was "long ago" on that system.

April 26, 2007: Later addition – in retrospect, I would have been better off paying full attention to the interaction I was having with this reptilian/amphibian being, rather than trying to perceive stuff on these worlds based on my own preconceived notions. What a missed opportunity! Too bad.

*Visit to a world in the Sirius star system*

Soon it was time to leave for the Sirius star system. It appears that the bright star I saw in the previous exercise was Sirius A. At the end of this trip, I went into this star and "gave it a big hug" and had loads of energy in my personal pod. Approaching Sirius A was fun. It was as if I was expected to visit this place. My lucidity increased, although for the most part, I perceived my environment in black and white. I found myself in some sort of spacecraft. I landed on a planet and was taken inside. It could also have been a moon. The meeting place was beneath a pyramid. There were two humanoid beings guarding the entrance to this space port. They each held long rods-like objects in their hands. Were these weapons?

My intention was to meet Sirian council members, and those of the lion and bird races who are said to serve as this galaxy's Game constructors and referees or gardeners, seeding planets, creating and maintaining dimensional portals [See Ashayana Deane's books for reference on these beings]. I met a number of beings that led to 2 other beings. One was a lion being and the other was a bird being. They were both big and very tall, and they spoke through their minds. The bird being had such exquisite features and even now as I write this, my memory of the experience is a bit blurry. The bird being had white feather-like features on both sides of the face, branching out and upwards. This reminded me of the headdress worn by the shaman in the Bravestarr cartoon series. The difference is that this was not a headdress on the bird being but part of its physiological features. The lion being was all gold in appearance.

I can't remember the details of our conversation now, but I remember a few general points. I remember saying that I had waited a long time to meet these beings. I remember commenting on their role in The Game and asking what part they'd play in these Endgame times, if any. I also requested being given a rote since my time there was short. Finally, I remember asking to be taken to one of their council meetings to see what it looked like. This, I remember seeing! The scene changed, and before me was a great hall having so many races, so many beings, too many to count. It was now time to return.

In retrospect, it is now obvious to me how important it is to develop the ability to access the higher focus levels without the use of technology such as a ship like V8, or even with the use of hemi-sync. More time can then be spent at these levels without the constraints of being in a program.

I also find that most of my recent travels have been in the mental body. The emotions are usually in check, even when I have strong affinities to places such as Sirius A and past associations with the beings there. Through this exercise, I also realised that the ability to hold mental concentration will be important for future journeys.

## 5.11 Trips to Arcturus & the Pleiades

March 2005

There were three tours this morning. The standard method as described earlier was used to get to V8, and then to Arcturus and finally to the Pleiades.

Here is the write-up on Arcturus: I arrived in front of this big star and sent out a request to meet with any intelligences who were open to meet. I soon found myself self on a bridge and moving from one bridge to another in a bright brownish white unknown environment. Upon asking where I was I was told that I was being given a tour inside the star! Next I was taken to a

large gathering in front of a Roman looking building. Here I met a short man with a white goatee. He was human and seemed very intelligent.

Here is the write-up on the Pleiades: I perceived it to be a big place. Again, I sent out a similar but general request, to meet with friendly intelligences. I felt a strong vibration in the heart chakra and all over. I opened more channels and got even stronger vibes. I went down a cylindrical shaped building, almost like a very elongated coliseum. This was the meeting place. It turned out that I was on the planet Erra. The sign of the beings I met was the heart shaped sign representing love? They used hand communication. One sign they used was the right hand open with the thumb pointing up. I got an image of a priest with a mushroom-shaped hat. Is that Melchizedek? Those at the gathering also organized a tour of the planet, cities and nature.

Other notes: At the beginning of this trip I got an image of a large cat at my X-27 abode. Also, I looked different, like I was also a cat. What's up?!

## 5.12 Trip to Orion

March 2005

The pre-trip set-up was standard, with a slightly new twist. This time, we straight to V8.

*Exploring Mintaka and Alnilam, stars of the Orion belt*

On Orion, I approached Mintaka with caution. While there, I asked to meet friendly intelligences to guide me around. I specifically stated that I knew about negative polarity Orion beings and their role in this galaxy, so no tricks. Perhaps as a result of my specific demands I didn't meet any beings, so I decided to search the locale on my own.

At first it seemed that I had travelled far back in time, so I went into the Mintaka, made a few revolutions within it, exited the star and found that I

was in a new time period. Following my intuition, I came upon a world with very high, slender buildings piercing through the clouds. I went down one of these structures. It continued down forever! The building was that tall! This was a world around Mintaka. I didn't see any beings. Next, I went to Alnilam and found what seemed to me to be a transparent, crystalline city? Or was I out of phase with this place? This world was found on the 2nd planet from the star. The buildings there were beautiful. I saw a number of beings here, but did not interact with any. I was also a bit apprehensive.

*Highjack experience*

While exploring, I got high jacked by a wolf or jackal looking being that drew me into some kind of wormhole and out to another place. From here it seemed the only recourse was to escape and return to V8, which could be done just by thinking about the ship. The being followed me on board. Once on V8, I put an energy field around the being and tossed it back into space where it came from, sealing it off from any return. I didn't know I could do this, opening wormholes in space and tossing beings into them.

*Experiences on other worlds*

I also visited regions in Antares, Vega and Regulus and in one of these places, I witnessed a meeting around a white beaming crystal. I saw a being with horns, almost like a cross between a lion and a deer? Another being had piercing black eyes. It looked like a bird being of some kind. As the meeting began, all present focused their energy and intent to raise the crystal which was in the centre. It suspended in mid-air for a while and then it was lowered again. That signalled the start of the meeting. It was cool. This was probably some kind of council meeting as all the beings were sitting around a circle and there were not that many of them, perhaps 9 or 10 or 12. I soon returned to V8.

On the way back to C-1, I stopped at my special place in F-27 and pictures of reptilian beings began to fill my mind, perhaps "late information" from my trip to the Orion star system. One looked tall, slender with 2 horns, a slender face that looked like a deer's face, but with a nice row of teeth and what looked like black leather clothes on.

## 5.13 Alpha squared station and the memory room

March 2005

There is a "space station" way up in focus 42 that contains memory rooms where visitors can access life information. It is a humongous, fascinating place. My living quarters there look rather bare. It has a bed? What will I need a bed for, when I don't have a body?! I would rather float.

I was led to my personal quarters by a being that had the shape of a pyramid with a rectangular base. It was perhaps some kind of robot. Every so often, the being would pop out another comical looking object, like a jack out of a box machine. I wonder what my relationship with this being is. As we went to my living quarters, we took what looked like a transparent glass elevator through which I could see the expanse of this space station and out into the cosmos. The sight was breathtaking.

*The Memory Room*

The "memory room" is a place within the space station where program participants are meant to access memories of other lifetimes and involvements. It is perceived differently by different program participants. It is meant to have a "memory chair" which can connect an explorer with memories of their past.

When I sat in the memory chair I got many images. One was a blue cloud. Was this where souls are born? Another was an ancient-looking aquatic mammal resembling a whale. The third was a tall blond walking through a garden with a slightly active volcano behind him. The fourth was a woman with black piercing eyes. On and on and on the images went. It would be fun to see what future visits to this place would bring.

Upon leaving the memory room, I met two human looking etheric beings that looked tall, blond, and young. We communicated though our minds, although I don't remember what we talked about. My throat chakra was doing the work.

Two other points: I received an image of a space ship hovering over a mountain and I now know for sure that the feline beings are at my place in F27. I wonder why.

## 5.14 Visiting Vela, the Crab Nebula and Millisecond pulsars

March 2005

The goal of this exercise was to become familiar with these pulsars. They will be used more in the exercises to come. The pulsars are used as portals through which to reach the galactic core. Vela is closer to this Solar System than the other two. Crab is far away, at the edge of the galaxy, while Millisecond is closer to the centre of the galaxy. These 3 stellar bodies line up and enable travel to the centre of the galaxy, to the galactic core.

I was unsure as to what to expect with this exercise. Pulsars are generally new to me. I imagine the goal was to get a visual or a feel of these bodies, none of which I really had. In fact, I simply went through the motions of the exercise and didn't perceive much in the way of images. We'll see what other exercises bring.

## 5.15 Freeflow Milky Way & the Memory Room

March 2005

This exercise is designed to get us to F42 to do a free flow of the Milky Way with the option of going to the memory room at the "way station" at this level. The "way station" is an intermediate station on this journey.

*Experiences*

First, I shall comment on the level of energy experienced with these exercises. It is incredible how high the energy level gets. Also noticeable is the gradual decrease in intensity of energy as the frequencies change to bring the awareness back to c-1 (normal waking consciousness, from the level experienced at higher densities.

In this exercise, I went straight to the memory room. I did not even allow V8 to reach F-42. At the memory room, I struggled with the chair for a while. It seemed to want to grab my head and I didn't want that. I wanted to float over the "memory pad" as I had done before. Random impressions filled my mind. There were images that looked like they were from Earth. The only non-human memory that came was of the bird race. The memory room is a great tool to have in fact. Knowing of its existence, I should be able to access it in the future after TMI, perhaps even without first getting onto V8.

*Another visit to the Pulsars*

The next trip was to the pulsars. I wanted to check them out since I didn't see much of them on my first trip out to them. I arrived at Vela, saw what seemed to be a spacecraft, but didn't see any pulsar in this location. Failure again, I thought. Perhaps it's not my time to see these, perhaps another time? The same thing happened with the Crab Nebula pulsar. I saw nothing.

*Other adventures*

I sent out a request to experience that which would fulfil my innermost intents. It turns out it was a need for adventure! First, I was taken to see a space creature which I couldn't immediately recognize or understand. It seemed to have a beak-like structure for a mouth, while the rest of the body looked squeezed in the midsection, its "hands and legs" pointing out in protrusions. It was huge! I then realized that this "creature" resembled a "boudong" from the Farscape series (a huge space creature). The being I perceived probably feeds on space debris.

Next, I found myself quickly approaching a planet. This was a surprise. The surface looked dry, with much human activity on the surface. Numerous pyramids scattered all over with large, Roman-looking structures also on

the terrain. Everything was arranged properly and geometrically, and also spaced in between. It was quite a fascinating looking place.

I flew over a few more pyramids and entered a large building structure with beautifully polished floors, and pillars…the place in fact looked like an ancient Egyptian palace room of some sort, only that it was not on Earth. I immediately knew I was on a world around the Sirius stars. Was it Sirius A or B? I don't know. I meet a beautiful woman in the palace room, lying around like Cleopatra. Did she know who I was from the past? She reminded me of an Egyptian looking Gua'uld female system lord from the Stargate SG1 series.

Final points: I looked at my hands and feet while on the space station α2. They appeared as part of a translucent energy body. I could even see the energy meridians! Also, while leaving α2 for the Vela pulsar I saw the appearance of the α2 space station, as I travelled out into space. It looked like the floating apparition in the Stargate SG1 episode "the Nox", the weapon that was showed to the SG1 team by one of the NOX at the end of the series, with 4 long extensions on the sides of the thing, only that α2 is much bigger than what was shown in the movie and much more complex, however the general shape is similar.

## 5.16 Freeflow Milky Way

March 2005

Here is a report of last night's freeflow. The trip up to V8 on F34/35 has become routine at this point. Also, the high energy is getting more and more comfortable. And now to give an account of my experiences. I tried to access the map that M suggested. In fact, I got sucked into it when I touched it, and entered a holographic space where it was possible to access other functions of this map.

*The $\alpha^2$ space station, higher selves at F34/35 and at F42*

The space station alpha squared ($\alpha^2$) appears to have a sort of landing structure attached to it. I made a trip to the Higher Self cluster on Focus 42 and asked for information I needed to know at this time. I also traced a path down to my Higher Self on F34/35 and on this occasion my Higher Self appeared to me to look more like a disk (but still oval) compared to the Higher Self image given by the author of the *Matrix 5 Gold Trilogy*. The energy at both sites was grand. I must learn to perceive beyond the idea that "higher is better", which is a variation of the "bigger is better" idea. I seem to think that the Higher Self clusters at F42 is more exciting than my own Higher Self at F34/35. Why? Maybe it's plain old foolishness. The difference is that the clusters are in 6th density while my Higher Self is at 5th density. That's all there is to it.

I requested to meet a "completed human". The meeting was short and fast because it was time to get back. The rote I received made my "hair rise"! I also remember getting into a tunnel and entering a place with "water" in the form of a river flowing out into a great sea, with settlements around the shore. I couldn't get away from this place! It had a pull to it. It was a place I got to after leaving the $\alpha^2$ station and travelling through the wormhole. I had to first travel to another region which was full of great big ice walls, like those ice climbers face when climbing deep down into the ground. I was as a tiny speck in this place. From here I was able to "pull some skips" to return to our own space-time region, and to V8.

*Thoughts on the possible purpose of the V8 spacecraft*

One thing I've found important to pay attention to is the regulation of my own thought while aboard V8. It seems the thoughts I emanate can be read by the beings on V8. I suspect that V8 may well be a research ship where other beings conduct experiments to better understand the capabilities of Earth human subtle bodies. It seems the energy spectrum given out by humans is rather potent and can be used to power the ship. Some beings may even be there to map out our emotional energies as we have fun exploring the cosmos.

*Other experiences*

I actually experienced an attack from reptilian-looking beings while travelling in space away from V8. It must have occurred on some world or

somewhere at least. The reptilian-looking beings used staff weapons to blast me. Was I being provoked into a reaction? The beams seemed to whisk past me. I formed an energy barrier around me that prevented the beams from getting through. In the end, I simply blasted away their weapons with gold energy and walked away. They were stunned! That I was able to use gold light effectively probably means these were non-physical entities.

(Later note, still at TMI): Now that I've experienced F49 (later exercise) and "the water", it is possible that the water I experienced and reported above is the beginning of an energy field that leads to higher densities. I also remember getting stuck in this place and needing to go to another place with ice crevices. Finding my way out of this water world place was tough. It felt as if it was a one-way travel destination and getting back to where you came from was more difficult than getting there.

It is possible that the universe has these kinds of spaces, "streams" and "timeless crevices" that are difficult to get around without pulling long "skips" back to known space. The above account was one experience of such a place. While in the "water world", I found it difficult finding my way back to the spacecraft V8. It was weird to feel a sense of timelessness during a TMI exercise. It seemed like I spent forever in this "water world", only to then find the ice region and then to somehow travel back to normal space, through wormhole after wormhole.

## 5.17 Intro to focus 49

March 2005

This was the first trip to F49. Again, at this point in the program the process involved in getting to this level has become routine – "move directly to the generator room of V8". This exercise involved moving on to F49, to a level where the galactic centre can be accessed. Also, from this level, the local galaxies can be visited. The format was a freeflow, which ended with a trip back to V8.

*Description of possible transport mechanism from $\alpha^2$ to $\alpha^x$*

In order to get this multidimensional craft V8 up to the level of F49, it coupled with space station $\alpha^2$. The two then performed an inter-density shift, supposedly with the combined energy of both structures. Some process which I do not yet understand must be involved that effects the change in densities. Since there is a replica of the $\alpha^2$ space station at focus 49, dubbed $\alpha^x$, it could be that a portal is formed between these two space stations through which V8 moves from $\alpha^2$ to $\alpha^x$. In fact, on the trip back, I perceived a cylinder-like form with one end looking dark. V8 descended through this cylinder (a portal, presumably) from $\alpha^x$ to $\alpha^2$.

Now to share my experiences. In terms of activity, this trip was loaded! Right at the beginning, I got the idea to stick with M on this trip, to see if we could have some experiences together. Perhaps then she would remember something? I was hopeful. I even attempted to contact her Higher Self (and mine) to see if I would get any clues as to whether or not to do this. I perceived nothing in the form of an answer!

*Pre-exploration experiences on V8*

On V8, before moving over to F42 and then to F49, I asked M to show me her "real self". What I saw neither looked human nor like anything I'd even seen before. It was a humanoid being with a large head, almost like that of a Minotaur, but without horns. Part of the size of the head consisted of a headgear of some sort similar to what European women used to wear. Were wings present? I'm not quite sure.

M's pic-code is the Stargate object seen in the movies and the series, with its discharge. I perceived this right at the beginning of the trip and also on V8. Also important to mention are the many faces M's face morphed into. They all looked animal. Among what I perceived was a creature that had a face like a dog or jackal or antelope? Maybe neither. It had a muzzle though. The last face was that of a bear! Why did I perceive these different faces? Were they thought forms? Were they faces of other life incarnations? In any case, after the last face appeared, I surrounded the bear's face with some light and dismissed it. I then requested that M show me her "Earthly form". This she did.

*An unusually aggressive experience*

For some weird reason I then perceived a humanoid creature on board V8, looking like a bear! Now this is one of the weirdest things I've done in a Monroe Institute program. It appeared that this hairy large pawed creature, slender and taller than a bear on Earth, was interfering with controls of some sort on V8. Seemingly unable to consciously control myself, I charged at this being in an attack as if to drive it off. The interesting and important point here is that I was seemingly unable to stop myself from attacking this creature. Was this intervention of some sort? Was this Higher Self or some other intervention perhaps? I then retreated to my quarters on the ship and this being followed. I did all I could to drive it away, but this being wouldn't go away. Eventually I blasted it with energy, after which it looked like it was dead. Dead? What did that mean in this context? Later others came around and carried it away.

*Travelling up to $\alpha^x$ and then to the Andromeda galaxy*

As mentioned previously, V8 coupled with $\alpha^2$ to travel to $\alpha^x$. As we were changing densities, I perceived a ship with sails on "high waters", rough seas in fact. Could it be that the seas I perceived were in fact the energy streams we were travelling through to get to those higher levels? At any rate, we arrived at $\alpha^x$ and there, I at first could not perceive this station. I got off V8 and beckoned M to come along with me. I must admit that after hearing her tell me that she had not been experiencing and perceiving much during this program, I felt some compassion toward her and wanted to help in some way I could. At first, I wanted to visit a nearby elliptical galaxy, but the lure of Andromeda was great.

*Meeting "The Elders"*

So, M and I travelled to the Andromeda galaxy. As we approached this galaxy, I sent out my usual line, "permission to experience something wonderful, meet some human incarnations perhaps". We appeared on a planet or moon. The next thing I realized was that I was moving up, almost automatically… approaching a far off gas cloud. Yes, it was a gas cloud with stars in it. Recall is becoming clearer as I write this. Next, I perceived a solar system with a surface civilization. It was all so fluid, so automatic, that I simply went with the process. I got onto this planet with amazing structures. I then "walked" underneath a great building into a great hall and

stood there for a while. Then up above me I saw these huge, tall human looking beings descending down to me! They were huge, like etheric giants. Giants who could float? I instantly remembered "the elders" in the *Masters of the Universe* cartoon series and was moved to a tear or two.

I almost lost my composure. The thought of them gives me chills down my neck and my back even now, as I write this. We communicated at length about something that I no longer remember, but I sent them information about the Earth, our galaxy, M5 and a few things I know, bunched up into a rote and tossed out to them, with gratitude. As they received the rote it turned into what looked like comets of fire. They also gave me a gift – something that would be technology of some sort. I later sent it to my "lab" at my special place in F27. At least this place feels like it is becoming a lab. Another interesting thing that happened was that I tried to draw fellow participant M over with her "ident" to where I was but she was sent back to the planetary body, as she was not supposed to experience this.

It was difficult to "fly" on this planet. Did it have different mechanics from planets in our own galaxy? With some help, I was guided into what seemed to be a dark wormhole. I kept travelling through it, even though all that was ahead of me was darkness. Darkness everywhere! No matter where I was, where I moved, I could only perceive darkness, or "nothing". I didn't want to panic so I focused on the initial meeting place in Andromeda and "pulled a skip" out of this dark place.

*Experiences inside a huge star or celestial body*

I asked to be guided to have more experiences. This time I was taken to a huge star. It was bigger than any star I have ever seen. I began to suspect that perhaps this wasn't a star after all. Could this be the Andromeda galactic core? Perhaps it was a globular cluster? Or was it really just a very big star? The thing was humongous! I went into it and recognized a symbol I've seen somewhere else. Was it at lifeline or at X-27? It was a pyramid with a doughnut around it.

Alas, it was time to get back. For the first time during this program, I perceived other TMI voyagers on V8. I saw C and others walking upstairs toward a door. I also exchanged energy with M and C. Once was enough!

Side note: On these journeys, my projected body charges up like the leviathan spaceship Moya in the Sci-Fi series Farscape does before going into starburst. On my projected body, meridians come alive and burst with energy. It is amazing to observe.

## 5.18 Exploring the Virgo Super Cluster and areas

March 2005

What a trip this was! It was my first time going to another dimension that seemed to go on forever in every direction! So, here is the scoop. Getting to F49, I perceived once again many "boats" along a dock. The water was calm this time. Being on a boat, we were still on the water. I then saw the base of a waterfall. How did we get from the top of the waterfall to the bottom? I'm not sure I know.

*A most incredible experience of enigmatic gateways*

Right at the beginning of this exercise, I was whisked away from V8 toward a what appeared to be a star cluster or region of the galaxy? The movement was so fast I could hardly stop it. I got the image of a door. Then I met it, the dark energy being. Approaching it looked like a cone (*) with this being in the middle of it. I was sucked into this dark place was no possibility of escape. Everything was dark inside. I saw numerous stargates that had lined up. I when through them. Then I got into the centre of this being. I couldn't move. I heard quite loudly, "yes". I asked, "Who are you?" The being said, "I am you". Then I asked, "then how am I speaking to you?" And the being said, "But you are"! I told this being that I could leave whenever I wanted to but the being was just amused. It was a massive being that even seemed to have internal organs and all.

So, I decided not to fight it, but instead to explore this place I found myself in. I travelled for what seemed like forever within the dimension of this being. It was like a cosmic being with entire dimensions inside of it. There were gateways everywhere, all over the place. Who knew where each led

to? I finally entered a doorway that led onto a path in space. Everything was dark! But I was in space.

Then finally I came across a point of light above my head. It was a gateway, but it was far up ahead. It seemed like a barely discernible point of light. The expanse of this dark place was truly wide. I found myself moving up and into the gateway that looked like a point of light. There was a lovely surge of energy through me which I enjoyed greatly. After this surge of energy, I found myself in yet another timeless dimension. This place was unbelievable. Everything stretched out in all directions, forever! Up, down, forward, back. The one noticeable difference between this place and the dimension of the dark being was that this entire space was filled with white light. All white, everywhere! There were individual towers spread out sparsely throughout this vast, timeless place. I found one of these structures, moved toward it and found a HUGE crystal on top of the tower structure. It looked like a great big quartz-like crystal, transparent, but seeming to emit light. It was in the shape of a dodecahedron. I floated up to this crystal and integrated with it. What a mind-blowingly ecstatic melding experience that was! I can't even describe what happened! (**)

*A change of energies and "ascension"*

Then it was time for the long journey back. I pulled massive skips back to V8. When I finally returned back to our space-time dimension, I realized I'd brought back some crystal beings with me. Somehow, I either sent them back or I destroyed them. Once I got on V8, I took a "shower" and something weird happened. I "ascended"!! Just like some beings in Stargate SG1 do when they turn into pure amorphous light energy. The main difference was that in my case, I didn't really go anywhere – I was right where I had been, only in a different energy form. Let me explain this further. As I was "taking the shower" my projected body suddenly and spontaneously turned into pure light and was shaped as a sphere of light. This happened automatically. When before, I appeared humanoid, now I now perceive myself as a ball of energy. Such great fun! Normally when I'm out of body, even in the higher densities I don't see myself as a ball of energy, so this felt like a significant change.

*Final notes*

In all these runs the energy level has been very high indeed.

(*) As the Starlines program drew to a close, I noticed that at least another participant had similar experiences as I had. M S from Japan was taking Starlines for perhaps the third time when I took it. He had already written a book, in Japanese, about his experiences. I just happened to be flipping through his book when I saw a picture of a cone-like structure leading into a round object. Needless to say, I was shocked! He must have also experienced this dark place as well, I surmised. It is my guess that the cone that I perceived is some form of event horizon or some kind of "gravity well" leading into this place that I experienced. This place could be some kind of cosmic being. It could even be the Higher Self of my Higher Self.

(**) This was one of the most ecstatic spiritual experiences I've ever had. Later that evening, as the group was meeting, one of the program facilitators, L, while conducting the meeting for our group, suddenly felt that some information was "coming through for me". I did not at first understand what he meant, but then after some minutes, I began to spontaneously laugh and once again I experienced a shadow of the spiritual ecstasy I had experienced while melded with that crystal. I continued laughing nonsensically while everyone watched me, not knowing why I was "going bonkers".

## 5.19 Exploring the Virgo Super Cluster and areas

March 2005

In this exercise, identical to the previous one with perhaps a longer freeflow period, all was experienced from the perspective of focus 49. Reality is stranger than it seems. Among the highlights of this trip was a meeting with a being that demanded obedience. The second highlight was getting high on "star stuff". So, let's get into it.

*Meeting two interesting beings*

The first being approached me and said, "You obey" and I said, "What if I refuse" whereupon the being said, "I'll destroy you" and I said, "I'm made

of M-field energy" (see glossary) and that was the end of the conversation – the being left me alone. This is a being that lives in a stellar body somewhere in the Virgo Super Cluster, which every galaxy is being attracted to. I met the being while exploring this area, as part of the exercise.

The second being kept driving off other beings as we interacted. At one point while that being was busy driving off interference, I threw an energy field around this being and myself and the being exclaimed, "I was waiting for you to do that!" This is a being that appeared when I asked to meet a most evolved being that wished to interact with me at that time. It was not humanoid, but rather a pure energy being but it could take a semi-humanoid form. It looked like a genie in the sense that the upper half was human and the rest was spirit-energy material that tapered at one end, just like the common depiction of the genie coming out of a lamp.

In a split instant this second being seemingly wrapped itself around me and said, "Now let's experience all of the universe". This was in reference to a holographic screen that appeared above us that allowed us to experience much, much energy by getting high on the universal energy that began to flow through us from the locales displayed. It could also be that this being melded with me without me realizing that it had. This was another really ecstatic experience, but still not quite on the same level as the crystal melding experience described earlier.

On the way to F49, this time I perceived large tunnels with energy streams running through them that seemed to flow into a central duct. I asked for and received an aerial view of what I was seeing, so the angle of perception changed and now beneath me were many such tunnels ending in the same duct. Could this have anything to do with "the water"?

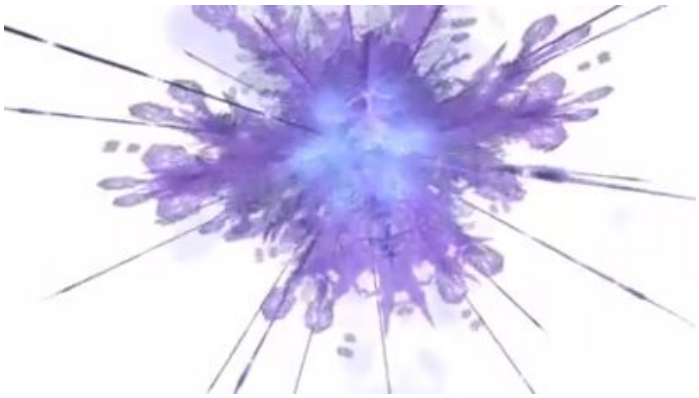
*Those who really run V8*

By far the most interesting occurrence while aboard V8 happened this time around when I returned from exploring locales in F49. Before I describe this, I must say that travelling as a tetrahedron surrounded by a ball of energy is much easier for me than moving around as a ball of pure energy,

while on V8. The latter tends to be too high energy and unstable for me, at least during this exercise. I wonder why.

Now for the grand occurrence. I inquired into who the captain of the V8 ship was, and just by thinking about this, I was immediately drawn into an enclosed space. There, I perceived a room, and an energy presence that repelled me in the way a force field would. Then, I perceived what looked like a large ball in the centre of the room with animated rope-like tentacles (short ones) coming out from all over the ball. I was immediately "arrested" by smaller versions of these beings (I couldn't shake them off) and sent to my personal space on the ship, under guard. This was even while I was in my personal space. I've met these beings earlier before (described in an earlier chapter) but now I call them "space urchins". The small ones walk on their tentacles! Just imagine large sea urchins in space!

September 2019 – It could be that these beings I referred to as "space urchins" were actually higher density beings that existed as light beings with abstract geometric light bodies. In writing this, I am thinking about the different advanced beings in existence that may not even be carbon based. These beings can exist in their ascended bodies. There are two such ascended states that I can refer to here. One is the form the being in season 4, episode 6 of the TV show Babylon 5 took when it ascended from physical state to become an energetic being of light. In this state, Lorien had a spherical light body. Another fascinating being I have encountered is the one known as 'The Seeker' in the sci-fi show *Odyssey 5*. This being was not even an organic or carbon-based entity. It was a crystal being. In its true state, it was a light being that looked somewhat spherical and geometric, with protrusions coming out of it. Below is a photo of 'The Seeker', at it appeared in episode 1 of the show:



## 5.20 Galactic Core and the Cluster Council

March 2005

The last session of the evening, and this trip was exciting! The usual drill applied, “move directly to the generator room in Voyager 8 in focus 34/35”. From this launch point we moved into focus 49, into a freeflow session. First the galactic core was explored. Next, the memory room was explored where the cluster council was met. The final part was the journey back home.

For the first time ever, focus 27 has become very clear to perceive. I remember taking a walk through the park with one of the felines in my place. This is not the first time I’ve taken walks with felines. I remember walking down steps, underneath square/rectangular archways. I remember meeting people on the way and everything everywhere was green.

At V8 port, I remember seeing other ships around what looked like a port. I don’t know if I really got onto V8. Have I been banned from boarding it? I don’t remember standing in front of my pic-code. One image I got clearly was a DNA strand winding itself up a pole. There were at least 4 strands. When it reached the top of the pole, it braided itself into more strands.

*Inside the Galactic Core*

Now for more fun stuff. At F49 I got off V8 and found the black hole inside the Galactic Core. As I approached it, I got the image of a building in a valley, with doors around the base of this building. As I got closer and closer to the valley, it seemed everything slowed down. I tried to open one door, but it wouldn't open. Maybe these buildings with doors and windows are portals to other places? It is a possibility worth exploring. I tried once again to open the door, but it wouldn't budge.

Then I just found myself in a space with many doors on many sides. I opened one door and it was only white outside, all light, although it seemed the light was moving. It was like streams of moving light, liquid light, against an all-white background. It is worthy to note that approaching this building I was apparently in, and moving toward these doors, all actions seemed to be automatic. I opened another door which led to a bridge so I followed it. It was a huge bridge and I moved along as I observed around me. At one point, as I moved along the bridge, I looked down and below me was a dark, bottomless pit! Eek! It was so deep, so dark it seemed to narrow at the bottom with no end.

*The Cluster Council*

In any case it was time to return to phase II of this exercise's exploration. This was when I got to meet the cluster council. I remember asking these beings if I could get information on all my lifetimes, information on the galaxy, everything! I was told that I can't have that information. How disappointing. So, I rephrased to ask if I could get information that was right for me at this time. Before I continue on this, the memory room turned into what looked at first like a shirt clothes store. A place where proper short or long sleeve shirts can be bought. They're usually in plastic. Upon closer look I realized I was looking at a room filled with files upon files upon files! The whole room was full! I got the impression that this was a holographic mechanism at work.

Now for the rest of the story: So these beings loaded me up with some information in a rote that was so massive, so big, that I couldn't take it. For the first time ever at a Monroe Institute program, I willingly wanted to click out! The energy of the rote was more powerful than the strong energy I've

been feeling on this trip, more than anything I'd experienced to this point. After this experience I went straight to bed.

The last thing to point out is that on the way to F49, I experienced various patterns as gestalts.

Later addition (still at TMI): while I was recounting the experience of receiving the rote to the assembled group, I began to experience the incredible energetic effects I had experienced the night before. Some of the program participants said that the upper part of my body (including my head and face) began to turn smoky or hazy. I was feeling an incredible energetic effect all over my body and wasn't able to speak anymore after a while. It felt like electricity all over the body.

## 5.21 Freeflow focus 49

March 2005

There were some useful lessons learned from this rather haphazard trip. At the end of this exercise, I was well accepted on V8 again. There was applause. Why? I am not quite sure why. Was the applause directed toward me or toward everyone in the group? It could be that we were all being applauded because our work in the higher densities had come to an end.

My first stop on this trip was at a location with a bunch of Higher Self clusters. The energy level in this locale was truly high. I went up a wormhole to arrive at a huge Higher Self cluster. It was a soul group gathering for the bird race. I received a rote, which I will roll out later.

Next was a trip to the $a^x$ memory room. It looks different this time, as if the building is bio-mechanoid – as if it has mechanical structures with energetic channels that power it. I met the cluster council again and asked for instruction to open the rote.

The final trip for this exercise was by far the most exciting of all. I went back into the room with many doors, set my intention to travel as far as I could. Before long, I was journeying up one of the "liquid light" streams, going further and further up. I wasn't sure if I would or could find my way back. I began to forget where I came from. Then I met a being called "balzar" that appeared just as a face. The being asked why I wanted to go so far? I replied that I wanted to experience the greatest sensation yet. The being replied that only I can create this sensation through my experience.

I disregarded the being's advice and went on and soon found myself in a HUGE flow of energy. Everything was dark and I was but a speck, a tiny, tiny speck in this seemingly infinite flow. For the first time during this entire program, I felt a bit of fear of the unknown. I kept going until I got the image of a giant "asleep" under a huge ocean of energy. Perhaps that giant is a whole world within itself?

## 5.22 Galactic core linkup

Exercise 22 – Final run
March 2005

During this exercise, we followed the regular procedure to reach F-49. What follows is an account of the experience.

*Another visit to the Cluster Council*

Once there, I made a trip to see the Cluster Council one more time. I wanted to make it known to them that I was serious about doing whatever it took to guarantee spiritual progress in my current incarnation. I also expressed the desire to go into the galactic core and travel as far as I could. One being at the council "said" that I was not to go into the core alone yet. I had to make another trip because they wanted me to experience something. I was given a guide and instructed to follow the guide. The guide and I went through the galactic core together and came out through a portal aboard a huge object that looked to me like the hat worn by a witch!

*An exercise in creation*

So here we were, probably in yet another reality. Here I went aboard an object and immediately started creating structures like planets and moons! It felt like a simulation of sorts, but it was really interesting. Once this exercise was done, I was free to do other journeys of my own.

*Journey to an alternate universe*

Since this was going to be the last opportunity to journey during this program, I wanted to try going to the most remote places possible to see what I would find in these locales. I decided to go on a long journey to an alternate universe I had encountered during Gateway, but which some force had prevented me from visiting at the time. I had perceived our universe as a "blue sphere" and this other universe as a "red sphere". Once again as I embarked on this journey there was interference from different entities, but I remained stubborn on this occasion. The journey felt like it took forever to complete. As I travelled through utter darkness, all I could perceive was a small red sphere in front of me and a blue one behind me. When I arrived in this alternate universe, I learned that matter in this place spins differently from matter in our own universe. The very environment was affecting my consciousness in an adverse manner so I left as quickly as I could.

*The Completed Human*

Upon returning to our own universe, I sent out a request to meet a "completed human", one which would not mind meeting me. I met a being that appeared to me in a Chinese physical body. The presence of this being gave me the impression that it had completed human life existence and was probably showing me a body form of one incarnation it had used while still human. This being taught me how to use my 3rd eye to open rotes! The being also gave me some messages to give to others when I returned! I also requested to meet my own final incarnation. What happened was fantastic! No words were exchanged – we just danced!?!

*An experience in dematerialization*

Before leaving F-49, I had one of those experiences that will forever remain in memory as a testament to the multidimensional nature of us humans. I literally felt as if dematerialized from my CHEC unit at TMI, rematerialized on $\alpha^x$ at F-49 (or whichever level that was) and found myself "standing" by

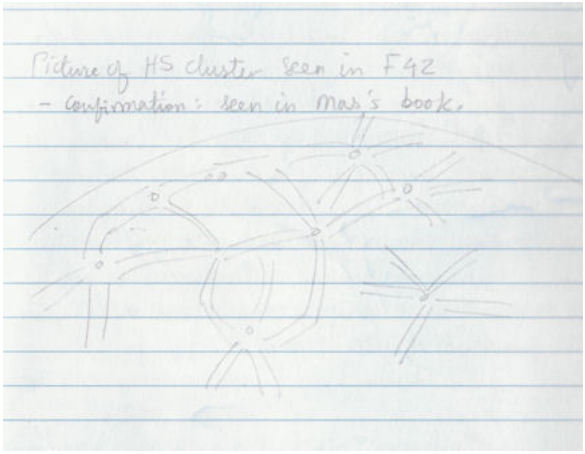
a rail with a humanoid being with a parrot-looking head. The entire experience took 4-8 seconds, after which I was sent back and rematerialized in the CHEC unit at TMI. During those 4-8 seconds I was fully conscious as I am right now writing this. Of all the strange experiences I had during this program, this one was the strangest. I came back in quite an emotional state. It was an experience that is difficult to share or recount, but like everything else, it was what it was.

*Giving out gifts at F-27*

The final thing that happened during this trip occurred on the lawn in front of the library in F-27. I tried to enter the library, but for some reason I wasn't allowed in on this occasion. I was carrying some things. I found myself on the lawn meeting people and handing out gifts! I also found that I had gifts for myself as well, which I sent to my special place in F-27. Even the feline beings still hanging out at my place had some gifts to receive, which they seemed to like.

*Higher Self "Leylines"*

The picture below is a simplistic description of the energy lines I saw on the luminous body of one of the of oval shaped beings at F-42 while "floating" above it. This refers to the Higher Self clusters at that level. I also perceived a connection from this being to other beings in other densities. The lines almost look like energy meridians or ley lines. I was also very surprised when I saw the exact same image in a book written by M S, who was also attending Starlines the time I did. It was probably his third time attending and he had already published a book in Japanese on his experiences. The book had many images of which I had experienced either the exact same thing or a slight variation, based on perceptual differences. Needless to say I was flabbergasted! I hope his book gets translated into English one day.




This ends the account of my experiences during Starlines.

# PART II

# 6

# SOME WAYS TO JOURNEY OUT

## 6.1 Prelude

In part I, I share experiences I had mostly with the use of hemi-sync technology used at The Monroe Institute to explore consciousness. In this section, I detail how I learned to project my consciousness out of my body without using technology. Chapter 6 covers some techniques I learned and used for getting out. I learned these techniques from IAC, from books and I discovered some through experimentation. Another place to find many useful projection methods are in the early chapters of the book *The Psychic Explorer* by V. Van Dam. Descriptions of some of the techniques I used also appear in my journey logs.

Chapter 7 covers accounts of travels. It has been useful to mix some of the methods below when attempting to project. Sometimes the projection itself manifests through a mix of some of the methods below and some of the techniques listed come across more as means to provide favourable conditions for projecting rather than techniques in and of themselves. In the beginning stages of astral projection, it seems to help having a target in mind to project to. Such targets could be people you know, physical objects or places. Usually a target having a strong emotional significance helps provide a reason to project. You raise your vibration, and then focus on the target. At the point of separation, a tunnel is usually perceived and then the astral body projects through it.

This tunnel is the same as a wormhole, otherwise referred to as an “Einstein-Rosen bridge”. How large are these tunnels? In my experience,

they are small. A centimetre or so across. In truth, these tunnels or wormholes would be better termed as “microtunnels”. They appear and disappear. They can be stable or unstable. With a focus of awareness, these tunnels can be made to be stable, to allow for your consciousness to project through. That has been my experience. Now to describe some techniques.

## 6.2 Breathing

Also known as “rhythmic breathing” at IAC, this technique is apparently used by psychiatrists in their work with patients to help them relax. I learned the rhythmic breathing technique during the consciousness development project (CDP) at IAC. It involves calming the mind while breathing slowly and rhythmically. To practice this method, it helps to have an empty stomach. The technique works by diminishing brain function through slow rhythmic breathing. One interesting aspect of this technique is to practice various breathing ratios. One ratio I have used in the past is 1:3:2, which corresponds to one second in-breath, 3 seconds hold-breath, 2 seconds out-breath. It is possible to increase attention, clarity of mind and vital energy by practicing breathing ratios.

Another projection technique involving breathing that I encountered at IAC is the “carbon dioxide” method. With this method, one breathes in and out in a way to retain higher levels of carbon dioxide. Higher levels of carbon dioxide in the body can bring about a state of relaxation that can then induce a conducive state of mind needed to project out of your body.

## 6.3 Fasting and thirsting

This was also another technique taught at IAC. The technique itself is very old and has been used by practicing Taoists and shamans among others. The idea behind this method is to starve your physical body by denying it of food or water all the while focusing intent on projecting your consciousness out of your body. As an aside, I found in my own practice that this

technique works quite well when combined with mental saturation. In fact, it is this is the combination of fasting and mental saturation that I employed to achieve my first conscious projection out of body, which I share in chapter 7.

Starving the body can be painful, however the process can also create a certain clarity of mind and an increased ability to perceive. The process of fasting naturally loosens electromagnetic bonding force holding the astral body to the physical body. To employ this technique, one gets the best results probably if one starts off healthy to begin with.

There are several levels of fasting, from light fasting, which involves abstaining from food for a few hours of the day to hard core fasting lasting between 5 and 15 days. Fasting can be a really effective method. If you choose to experiment with fasting, however, it would be best to do some individual research beforehand to come up with conditions which may best suit your particular circumstances.

## 6.4 Mental saturation

Mental saturation is another method taught at IAC. It involves stimulating the mind with content pertaining to out of body phenomena prior to attempting a projection. Content can come from books, movies, comics or other media on the topic of OBEs. The content can be visual or auditory or both. The idea is that by saturating the mind with information pertaining to the astral realm, your mind can then create thought patterns which upon going to bed can manifest as an intent or desire to have a conscious out of body experience on the astral. This approach can be especially potent just before going to bed at night.

A closely related technique to mental saturation is known as “psychological conditioning”. I also learned this technique during CDP at IAC. This technique programs the subconscious mind with the intent to project out of the body. By its nature, it is best used with dream astral projection. That is, astral projection that initiates in the dream state. This is only my opinion.

The technique works by programming your subconscious mind through positive affirmations and other techniques with the desire or intent to project consciously into the astral world.

## 6.5 The vibratory state

Being able to experience the vibratory state is one important indicator that it may be possible to project out of the body. Once the vibratory state is achieved, one's energies pulsate at a higher rate. This seems to make projecting out of body easier. It is almost as if the vibratory state can get to higher and higher levels of intensity. After a certain frequency of vibration, with the intent to project, the astral body separates from the physical body.

One way in which the vibratory state can be installed is as follows: first, with your imaginative faculty, collect energy and condense it into a ball over the head. This is the crown chakra area. Next, close the energy circuit of your field by imagining no more energy coming or leaving. Then, move the collected energy that is above the head area up and down the central column of your body, through your chakras from head to feet, and then back up to your head. Continue moving the energies this way, at first slowly, and then faster and faster, until a vibratory state is installed.

## 6.6 Visualization

As the visual faculty is very commonly used in attempts to project out of body, there are many different techniques that have come to be used. This section shall describe a number of these techniques.

### *Elongation*

Elongation is another technique I learned at CDP. The idea underlying elongation is to expand your aura at your head and feet regions as a means to get out of your body. The technique is related to another method known as "balloonment" in which you essentially inflate your aura in an attempt to

disengage your physical and non-physical bodies in order to project out. Both methods affect the etheric body and try to displace it in one way or another to achieve separation. It is interesting to note that lots of physical exercise and lots of energy work such as qigong can cause the etheric body to bond more strongly with physical body making it difficult to project. The cause of this strong bonding is a force referred to as the bonding force, which binds the astral body to the physical body via the etheric body. As the bonding force gets stronger due to heavy physical exercise or energy work, that can make projecting out of body more difficult.

### *Pineal gland (3rd eye) method*

The pineal gland method is another one that uses visualization. It may be useful to note that the pineal gland is related to the 3rd eye, which is a chakra used for visualization, concentration and for the expression of will or intent. The 3rd eye can be used to receive information. It can also be used to send out information, including energy and projected consciousness! For this method, the idea is to focus on the 3rd eye as a means to achieve a projection. In practice, the 3rd eye and crown have been personally useful means of projecting out. Using your two eyes, in conjunction with your 3rd eye, can create a "triangle of force" that has vortex properties.

### *Progressive relaxation*

This is a technique I learned both at IAC and at TMI. The term IAC uses is *psychophysical relaxation*. Before IAC, I had experienced this same technique as *fractional relaxation* through TMI's focus 10 relaxation tape. The technique involves relaxing every part of the physical body in an attempt to get the mind to reach a state of relaxation without falling into sleep. This state is known as the hypnogogic state. The hypnogogic state is very much the same as the twilight state described in the Frost book, *Astral Travel*.

In Monroe's focus level terminology, it corresponds more or less to focus 10. The Monroe Institute focus 10 relaxation tape uses fractional relaxation to progressively relax the physical body by counting slowly until the number 10 is reached, which corresponds to focus 10, the twilight zone, the

hypnogogic region. It may be described as the state between wakefulness and sleep, where one may perceive images or events that have occurred during the day.

Essentially, this progressive relaxation technique, when done by yourself, involves relaxing the body as much as possible by using your mind to successively visualize sections of your body from head to toe and by directing these parts to relax, using your intention. While doing this technique, it helps to keep the body as still as possible while the mind is kept as relaxed and as clear of thought forms as possible. Start from the head region and work progressively downwards until reaching the feet. At each region, you instruct your body to "rest, relax, and sleep". This method is very effective since it focuses on relaxation, which is one of the keys to getting out.

*Vertical lift-off*

This is my favourite technique of all the ones discussed in this chapter. It is a simple, "one-dimensional" approach, and in my case, it works effectively. It involves using the will to separate the astral body from the physical one, and then moving onto the astral plane to do one's investigations. The idea is to effectively separate the astral vehicle from the physical, where consciousness is transferred from the physical to the astral vehicle, and then projecting forth. For some individuals, this transfer seems to be effected only in the imagination while for others leaving the physical body is a rather energetic event that can affect both the physical and etheric bodies. In my case, personal experience has been more the case of an energetic departure. I often use my eyes to form a wormhole which I get sucked into and the process is usually very energetic.

Some visualization techniques can help with this technique. One is called the "swimming pool" visualization. In this visualization, imagine that your body is a hot swimming pool, that your astral body is vapour steaming off the surface and regrouping above the pool. This regrouped body forms the astral body. A second visualization is the "rolling log" technique – this is a technique that Robert Monroe describes in his book *Journeys Out of the Body*. To do this technique, imagine your astral body rolling like a log, to and fro, within your physical body. Once you have rolled to one side far

enough, let your astral body “fall flat on its face” by the physical body. Now imagine your astral body rising gradually looking down at your physical body below it.

A third method is the “mould” – for this technique, imagine your consciousness being transferred from your physical body to a 3-D solid object or mould, such as a sphere or pyramid or even in the shape of your physical body. Your astral body will then project out in the shape of the mould.

Chapter 7 covers accounts of my out of body travels.

# 7

# OUT OF BODY JOURNEYS

## 7.1 The dream that turned into an OBE?

*Sunday, June 5, 2004. New York City. No recorded times.*

(Note: This is an experience I had some weeks before taking the *Lifeline* program at the Monroe Institute. This for me was the first spontaneous OBE that I could remember in detail. At the time, I was quite shaken by the experience and was quick to write it down right after it occurred, around 4am.)
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I just had the weirdest bunch of dreams, ever! I am still trying to recall most of the detail, but the parts that were scariest or most interesting were the DEATH parts.

Ok, more recollections are coming through. I had to give a presentation on my experiences. Two friends of mine, one from college and the other from high school, were both in this dream. Abby, a friend I met in college, was in this dream. Nana, another friend from high school, was also in this dream. There are fragmentary recollections of a part where I was throwing something at him. Soapy water. Next, Tammy and I were hanging out. Nana came in and poured soapy water on us in revenge. Right there and then, incredible amounts of soapy water fill the place Tammy and I were at, making it impossible to swim to the top. This is when I feel I begin to die.

*The OBE part*

I'm dying, and I know it. What do I do?! I don't know what it's like to die. My body isn't breathing, but I know it's floating. I separate "I" from "Me" and find myself in a void. As "I" and "Me" separated, I felt a slight pain. What do I do?!

I first think of opportunists who want to take advantage of my situation, so I surround myself with gold light, before I do anything else. Apparently, there had been a flood, and I had died. Immediately I thought about the destruction site, and what could be going on down there. I went down.

"Going down" was kind of hard. The "void" was empty and formless, no voice, no colour, nothing. I had to think about "going down" and gradually I felt myself "condensing" into the reality I had left behind. The site was horrid. I didn't see the bodies because they were buried under mud. I saw the spirits though. I saw Tammy. She wasn't too happy to see me, because I may have contributed to her death.

I knew I was dead. I was asked to call my mum. I was told to use any phone around. She was unavailable, at some "church activity" in the Belief Systems Territories (See glossary of terms). I didn't really want to hang out with her anyway. I went back to Tammy. She was still upset, but she gave me a hug. Most of the 'dead folk' around were more interested in continuing life as it had been before they died. I bid Tammy goodbye. I was sad, but still went around exploring. Everything seemed so fluid and possible and the colour I perceived was great!

I began to feel tired of exploring and wanted to go to focus level 27. "How do I get there? Focus. Focus!", I thought. I imagine myself flying, hands over head as if about to dive into the space above me. Slowly, I lifted off ground level. Next, I found myself in the "void" once again, but this time I was moving up. The void looked foggy or smoky, like moving through dark grey clouds. I was not sure where I was going, but at one point I heard voices so I drew myself close to the voices. I arrived at a place where I saw a black guy sitting on a platform. He said "welcome" and we began talking. It appeared we were sitting on a wooden platform. He had been to a UWC (United World College) in the past. Another girl present had been to Macalester in the past. There were others present, but they weren't saying

anything. Then F from TMI showed up and she didn't say anything, just looked at me and smiled.

I followed her to what appeared to be a kitchen, and looking out, what appeared to be mountains. This interaction was surprisingly non-verbal. I was searching for the reception centre. Was this it? All this felt so REAL! I had no doubt in my mind/consciousness that I was dead. None!

At this point I went out and saw many others walking up what looked like a hillside, to the flat platform where we were at. They were coming from a region covered by fog or cloud, only that these clouds were not as grey as those I'd experienced earlier. They were of a much lighter colour, but not exactly white either. I thought to myself that I could well use the technique that got me to where I was to explore other sections of the Belief Systems Territories. I could even go as far as checking out the higher densities! This thought was very exciting.

As I entertained these thoughts, I thought about the possibility that someone could get to where I was at while still in their physical body and I remembered how they could return to the physical body after an experience. In an instant, all went dark. I experienced a blank moment, then nothing, and then I woke up! My entire being was I shaken by this experience that felt so real!

## 7.2 Out at last!

*Saturday, February 5, 2005. Palm Springs. No recorded times.*

So after almost 2 years of on and off consciously trying to get out of my body into the 'second body' as Robert Monroe described it, I finally made it out, to my satisfaction. I have been fasting for 2 days straight now, in the hope of producing a conscious OBE to find food. Today (Saturday) has been the most difficult of the 2 days and I almost discontinued the process (I plan to fast for 3 days straight). Through this fast, I have learned greater control of will power and determination.

At certain times today, I felt like I was going crazy, as I tried to focus on continuing the fast. It seemed as though something in me kept pushing me to go on in a calm but definite and controlled way.

I managed to read practically all of Robert Monroe's first book *Journeys out of the body* yesterday. This is probably the first time in my life that I have read a reasonably sized book in a single day. I would say that this was primarily possible because I have been observing the fast. During fasting, one experiences less physical activity and is more sedentary. Another reason I succeeded in reading Monroe's book in one day is because I have been working on increasing my willpower.

The step-by-step process Bob described at the end of his first book helped me achieve an out of body projection. I will now describe a step-by-step process I took in this first successful attempt to achieve the out of body state.

*A method to get out*

First, I must stress the importance of the preparatory stage. Shower if you can, before attempting to get out. I recommend attempting at night time if that is your first time. This is because the darkness can help you project out. Work with energies under the shower if possible. This allows you to clean your energies and to calm down. Lie down, calm your thoughts or mind clatter and focus on achieving a state of utter relaxation. The method I used was one Robert Monroe calls *fractional relaxation* (see glossary of terms). This is where you count up or down, focusing on certain body areas and telling these areas to relax. I actually used a slightly different version of this method that does not involve counting. Instead, using the visual map of my body as a guide, I directed my thoughts to relax my body from the top of my head to the bottom of my feet.

Next, try to achieve the *vibratory state*. I got to this state while inducing a state of relaxation. <u>The vibratory state is the key to getting out of your body</u>. Various energy and/or visualization techniques may be used to help induce this state. Once this state is achieved, try to modulate it before attempting to get out. The key is to achieve a very fine state where the

vibrations are of a high order with a feeling of warmth or a tingling feeling felt all over. Your individual sensations may differ. Once you achieve this, you may choose to experiment with your “second body”, or continue to project out altogether.

*Experiments and results*

So now to share the results of my labours! First, I took a shower to clean up my energy body and also to provide me with extra energy. I then began the process of relaxing. In order to relax, I employed the technique wherein starting from the top of my head and proceeding down to my feet, I visualized every muscle and commanded it to relax, rest, sleep. As I went through the motions, I automatically achieved the state of vibration, but I simply acknowledged it since I wanted to get through with the process of relaxation. Once finished, I proceeded to modulate the vibratory state.

I decided to follow Bob's advice, to attempt to approach OBE step by step. To begin with, and following Bob’s own technique for getting out that he shares in his first book, I experimented with stretching my hand until it "hit something", and then examining this thing for texture. This is really stretching the “second body” or the energy body around the hand. Try to penetrate this "something". In my experiment, I stretched both hands out. The left hand 'hit' what felt like hard material that it could not penetrate at first. With repeated effort, I penetrated what I thought would be the armrest of the sofa, the one closest to my feet.

The effort to penetrate it felt like my energy body generated spasms moving forward, each one getting deeper into and through the armrest. Eventually I felt like I went through the armrest completely and then hit another barrier. This one must have been the wall, I thought. I was not sure I penetrated it, but it felt like I did. So in essence, I was focusing on generating sensations of feeling physical objects with my energy body. Now, I focused attention on my right arm. I felt that the energy body of my right arm did not stretch quite as long or as far as the left one did. It did stretch, however. It stretched long enough to feel the fabric of the sofa and examine its texture. It felt rather smooth to the touch. I concluded this part of the experiment knowing that it was a success.

The next experiment I carried out was to try to raise the arms of the second body and clasp them over my chest. At first, I felt as if nothing was happening. Shortly afterward, I felt sensations around my “second body fingers” but my fingers seemed as if they were still in the horizontal position. Then I increased my vibratory state, after which I felt a most distinct movement around my shoulders. It was as if a handle had been turned from horizontal to vertical as I perceived the arms of my “second body” most distinctly around the shoulders but also as they rose up to form the clasp. I could also feel the pressure between the palms as they pushed against each other.

This was a very good result, but I was not satisfied. I proceeded to crisscross the arms of my second body, as I directed one arm to grab the opposite side. I felt the self-imposed embrace quite well, quite distinctly. Still not fully satisfied, I tried next to extend the arm grabbing the opposite side to grab the ear on that side. This time I felt the sensation quite clearly with satisfaction. I experimented with pinching each ear,, but the grip was not strong enough to feel any pain.

*The Main Event*

Now I was ready for the main event -- to attempt a lift off. I modulated the vibratory state, increasing it to achieve a very high frequency and a feeling of warmth or a tingling sensation all over as described by Monroe. I then began thinking how nice it would be to float above the physical body. I also thought about floating above the physical body gently, like a leaf or a feather in a breeze. I increased the vibratory state even more.

The first attempt to dissociate the second body from the physical did not produce clear cut results, but I still proceeded with the process anyway. I imagined how nice it would be to float up above the physical body. I then instructed the separation process to "go slow", went up and then came down.

The second time round was the real deal. I again imagined how nice it would be to float up above the body, and again, I instructed the separation process to "go slow". This time I clearly experienced a separation of the two bodies and a lifting of the second body from the physical. As this occurred,

I experienced difficulty breathing, but I still persisted, rather calmly, gently, moving up. I even directed self to go only so high -- 3 feet or so. Difficulty breathing is a sensation that occurred during my initial attempts to separate non-physical and physical bodies, and were manifestations of my fears of the unknown. I felt as if I was dying. Fasting however made it easier for the separation to occur.

After having a bit of difficulty going up I decided to go down once again, back into the physical, and then try coming up for a third time. I soon found out that just thinking to do this caused the breathing problems to go away and for a while I wasn't sure whether I was in the body or outside of it. Nevertheless, I went on to float up again, gently as a leaf/feather in a breeze, then down again, this time intending to enter into the physical body. It was then that I realized I really wasn't in the physical body. I was in the second body. I was unable to simply get into the physical body! In fact, I felt what almost seemed like a bouncing sensation, a gentle collision between the physical body and the second body once the two came into contact.

This got me really excited. Together with the clear and distinct sensation of floating up and above the physical body, this was the next definite verification that I was out of the physical body. With a sense of calm satisfaction, I called it a night, shifted to lay on my right side and proceeded to fall asleep.

This was when I got the next surprise. I found that I remained conscious as I began to fall asleep. I would say it was a rather big surprise! At first, I wasn't sure what to do, how to deal with it. Then I set the intention to remain passive and "stick with the process and see what happens". I actually started to dissociate and float away from the physical body once again! I thought to myself, "So this is what it is like to have continuity of consciousness, what those who have learned to leave their bodies at will get. This is the consolation for the graduate."

*The Second Journey of the Night*

As I floated away, I maintained the distinct sense of being able to return to the physical body when I wanted to. It was great to know that. Things were

dark for a while, then I found myself in the subway of 14th Street PATH (subway) station in New York City. I entered the train as it began to move with perceptive faculties that were not that strong. For one, the shape of the train and its inhabitants appeared disfigured. The train was however full of people, and I could see in rather dim colours, but still in colour.

Next, I got off the train and found myself walking down the street on Lower Hill, 27. I got to the Okai's house and found that the trees were pained halfway in white. There were quite a few of them. I kept walking until I got to 27 and found out that a number of those trees were also painted in white?! I walked down the driveway, saw what appeared to be a pick-up and "the jalopy" (an old car that I grew up with). I didn't see the sunny and wondered why. Then I walked up the stairs of Dad's house, got to the door and then opened the top half of the door in an attempt to enter the living room scaling the first half of it. Then I thought, "Hmm...Since I'm out of body, why don't I just dive through the wall?" I tried that and perception seemed to get all mixed up and next thing I knew I found myself in the darkness of the cabin in Palm Springs but still not in my physical body. At this point I decided to re-enter my physical body and call it a night.

## 7.3 Practicing "getting out"

*Sunday, February 13, 2005. NYC. Start: 10:50pm, End: 11:09pm*

This was a short, somewhat unplanned session. I lay down, calmed my thoughts and as I breathed out, I imagined my muscles relaxing. Not long after, I felt a small discoincidence (i.e. physical body and astral body misalignment) and I attempted to project. I was initially unsuccessful because of breathing problems, but I managed to separate. I decided to try again. The second time was much easier. I quickly reached the separation point and I thought hard about how nice it would be to get out. And I got out, with less breathing problems this time.

*Observations*

I felt the presence of an energy field that definitely affected my eyes and my face during the relaxation process. Once I got out, I got a definite sense of having control of the process, knowing that I can return when I wanted to. It was very dark and I didn't get the sense of lack of control, being tossed about from place to place.

I tried to see my hands and feel them. I succeeded in seeing my hands the way they pretty much look. My feet, however looked a bit distorted, larger than they normally look. I certainly felt far away from my physical body. During the projection, I heard intracranial sounds and at various stages I felt the astral body move up and away. I got what seemed like a dreamlike sensation right after separation, but that went away. Finally, I tried to imagine the sensation of flying. What I got was more like moving more and more away from the body.

## 7.4 Playing with Dolphins and Water Elementals

*Wednesday, February 16, 2005. NYC. Start 4:05am, End 4:38am*
I began with energy exercises. First, I cleared the room using gold and violet energy. I worked on relaxing using fractional relaxation. I felt the presence of outside help so I alerted them to await my completion of energy exercises. I performed some energy manoeuvres on my chakras since I couldn’t feel their energies very well.

Take off was difficult, but I kept telling myself that I’d done it before. Once out I heard sounds in the room that I couldn’t hear while not projected. The destination was the ocean and the task was to find a group of dolphins so socialize with. I had just watched an IMAX presentation on them.

*Meeting with the dolphins*
The first group I saw was fairly large. They seemed to know that I was in their presence. I sent out some nice vibrations and got back a torrent of vibrations in return. It was much to take and I lost my calm and completely spilled my guts, transmitting to them that dolphins are endangered and

showed them photos (mind images) of dredge nets capturing them. I was really embarrassed at myself and either way they left me or I left the scene.

Somehow a stubborn streak in me prompted my return to the ocean. This is after I almost re-entered my body after that disastrous episode. This time I sought out a whale, making it my intention to find a very intelligent one that would know/recognize my presence. I found myself near a big one, the ocean was peaceful and we just kept moving. The vibes from this creature weren't as strong as from the previous group of dolphins but somehow we were communicating.

It wasn't long before I recognized that there were other dolphins in the water near me and this whale. I'd tried earlier to find out where I was in the world from the first group of dolphins. Not wanting to spill my guts with this group, I sent out a message inviting them to play. With that, I could perceive many other dolphins. We had a blast.

I wondered who took care of these creatures and I suddenly thought that this would be a job for water elementals. I wasn't sure I was ready to meet one, especially after my previous performance with the first group of dolphins, but I was steadfast in the knowledge that if I stuck with the idea/thought of just wanting to have fun, all should be well.

*The Water Elemental "Rednock"*

I got into mental communication with a water being which referred to itself as *Rednock* (Red for short). This creature looked half human, half "aquatic mammal", the upper portion of the body being the human-looking part and the lower portion resembling the lower portion of a dolphin. I told this being that these dolphins are wonderful creatures and that they should be taken good care of. All this communication was done mentally. Red wanted to know whether I was up for exploring the watery realms. I was.

So off we went. I found that I still had sensations of "breathing" although I had projected out of my body. However, I could simply stop thinking about breathing, whereupon the sensations would stop and I would get more into the experience. Sensing my breath and being out of body seemed almost like a bi-location experience. Once I focused less on breathing (i.e. not

thinking that I had to breathe, because I was out of my body) and more on the experience, awareness increased.

Red and I went off into the depths of the ocean. On the way, we met a few more dolphins. It felt as if I was far down in the depths. Halfway through this journey I decided to return. The return was simple. I basically thought about my physical body, got back into it, and opened my eyes.

*Observations*

I am still not very lucid. This experience was slightly better than a blank projection. When I think less about breathing or not at all, I get more into the experience.

## 7.5 In and out exercises with helpers

*Saturday, February 26, 2005. NYC. Start: unrecorded, End: 3:12am*

I have just seen the movie "*Hotel Rwanda*". I took a shower and as I am not feeling at my very best (experiencing signs of the onset of a throat infection) I worked on energy absorption and circulation exercises in the shower and as I lay on the bed.
Upon entering the room, I felt the presence of non-physical entities, both welcome and not welcome. I proceeded to clear the space in the now common fashion I adopt, "*I hereby clear this space of all physical and non-physical energies of negative intent… no exceptions*!" This is an affirmation I frequently use.

*Pre-Projection stage and work*

Laying down I easily absorbed energies and got deeper into awareness. It did not take long for me to feel the presence of a very welcome energy. Initially, I thought it was a breeze of some sort, the result of air condition circulation. It was when I realized this energy was contributing to my energy workout as I lay on the bed that it occurred to me that this may be a friendly non-physical entity of some sort here to help me. I received the impression that there was present more than one being, that I was to

undergo some assisted OBE projections/exercises. I obliged, knowing I would record the event shortly after. Also important is the state of mind I've been in. I have been tranquil and reflective all evening.

*In and out action with helpers*

The exercises began with what seemed like a short energetic workout. I found myself effortlessly floating above my body in the classic upward lift off manner. It occurred so smoothly that I knew it had to be assisted. This take off was short and most likely restricted to the area surrounding my bed. I soon found myself back in my physical body.

During the last attempt to project I experienced the usual problems breathing. As to the process of getting out, the sensation is distinct. As I leave the body I begin to lose awareness of breathing. My physical body tends to panic and on this occasion I forcibly began to breathe, taking in small gasps of air at a time. I felt that these difficulties were a result of routine behaviour my physical body was used to and not so much a case of fear on my part as a soul. I found I had to suppress bodily fear less so this time. I am looking forward to advancing in my practice where I can be out and not worry about breathing problems.

Upon re-entry, I kept breathing shallow and before long I felt new sensations in my third eye and discoincidences around my head and feet. These sensations preceded the second exercise to leave the body, which was also assisted. This time, the method used was elongation. I felt my second body stretch and I completely left the physical body. The sensations were strong and clear that I was out. The energy level was also high, and I couldn't feel the presence of the physical body at all. While I felt I was out, breathing problems began once again. This second exercise was also not long. Most likely, the second body was within the immediate vicinity of the physical body. I found it interesting that as I observed the second body leave the first my attitude was calm, reasonable, and almost playful and not without teasing thoughts to accompany the strong sensations I was feeling and the breathing problems I was experiencing.

Once again, I got back into my physical body. The process of getting in was distinctly felt. At this point it was clear to me that I was undergoing an

in-and-out exercise of sorts. I've experienced this before, the experiences recorded in entry 7.3 above, were an example of this. I kept communicating with the team helping me during both exercises. This communication consisted of thoughts directed at the sources of energy I perceived before the first trip of the night. I was now being prepared for yet another trip out of body, once I returned the second time. My arms were being worked upon and I felt discoincidences in both. I got a clear percept in my mind that the two previous trips were fully assisted, that this next trip will be a mixture of assists and my own efforts.

Before long I felt it was time to attempt getting out again. This time, together with the pleasant sensation I perceived of those energies which helped me previously, there were new thoughts/images of dark figures, like the image of the aging body of the dark character Anubis as he was portrayed in the *Stargate SG-1* episode "*Reckoning*". I also had sexual thoughts flowing in.

Because I'd been in a tranquil state of mind all evening I was sure that these were not my thoughts. I then transmitted from my mind, "*these images are not my thoughts*", whereupon the unwanted images ceased to appear. At this point, I was semi-projected, which means that I was partly in and partly out. I must add that as I became aware that I was undergoing an exercise in in-and-out assistance, I wondered whether in the third attempt at projection, I would simply raise the upper half of my second body in bed, in the sitting position. This did not happen. Instead, the take-off was classic upward lift-off. I also found that with the two earlier trips I was a bit mentally talkative at times, and that this tendency had to be controlled.

I count the next attempt at leaving the physical body as the real third attempt of the night. With clearer thoughts than before I slowly began to rise from the feet up to the head. I listened closely for intracranial sounds. They were there, although they didn't sound like they were changing. I also felt what seemed like hands around the upper half of the second body attempting to lift me up and out. I created the intent of how nice it would be to float above the body, shooting out and floating in the sky or just around the space between the road and goal post on the soccer field in front of University Primary School.

*Projection results*

I got out alright, but not to where I wanted to go! I saw white, then got the percept "snow". It was more like a pile of snow lying on the ground. Then I found myself up in some mountains with snow all around, buildings and a train. I imagined myself in space and then I was there, right above the Earth, but perception wasn't very clear. This particular out of body trip felt a bit all-over-the-place as it was happening. Thoughts of it being all over the place slowed things down. The images looked fragmented but quite crisp. I thought to myself, "I must start trusting in these images if this is what I'll be getting". I thought that for an in-and-out exercise I shouldn't venture too far away from the body. The feeling I got while out of my body was fascinating. I felt a resistance to return to the physical body which seemed almost like it would only be overcome once I clearly thought about the body and decided to return to it.

Upon returning to the body I felt a gradual alignment of the second body with the first and a much clearer sensation of breathing. Does this mean I really didn't hear my physical body breathe? That I only imagined it while being out of body? It is worthy of note that the re-entry sensation is very clear now, although more experimentation and observation will make it even clearer. It is also worthy to note that I now remember getting a thought/message earlier on today about tonight's out of body activities.

## 7.6 First attempt at exploring various Monroe focus levels

*Sunday, February 13, 2005. NYC. Start: 10:50pm, End: 11:09pm*

This was a short, somewhat unplanned session. I lay down, calmed my thoughts and as I breathed out, I imagined my muscles relaxing. Not long after, I felt a small discoincidence and I attempted to project. I was initially unsuccessful because of breathing problems, but I managed to separate. I decided to try again. The second time was much easier. I quickly reached the separation point and I thought hard about how nice it would be to get out. And I got out, with less breathing problems this time.

*Observations*

I felt the presence of an energy field that definitely affected my eyes and my face during the relaxation process. Once I got out, I got a definite sense of having control of the process, knowing that I could return to my physical body when I wanted to. It was very dark and I didn't get the sense of lack of control, being tossed about from place to place.

I tried to see my hands and feet. I succeeded in seeing my hands the way they pretty much look. My feet, however looked a bit distorted, larger than they normally look. I certainly felt far away from my physical body. During the projection, I heard intracranial sounds and at various stages I felt the astral body move up and away. I got what seemed like a dreamlike sensation right after separation, but that quickly went away. Finally, I tried to imagine the sensation of flying. What I got was more like moving more and more away from the body.

## 7.7 Retrieval of RB after his death

*Sunday, March 20, 2005. NYC. Start unrecorded, End unrecorded*

I have not recorded much in this book for a while. Part of the reason for this is because I was at TMI between the 12th and the 18th of this month. When I returned from TMI, I found that I'd received an email from Cary saying that R B had died in a hang-gliding incident. Part of me was a little sad and yet another part of me knew that I could help in a situation such as this. I decided to attempt to retrieve R at the nearest opportunity.

The chance came this morning. Using the new meditation tape I got at TMI, I journeyed to focus 27 (stopping briefly at focus levels 10, 12, 15, 21, 23 and 25), went to the reception centre at level 27, and transmitted a message indicating that I intended to retrieve R, that if there were others present who wished to participate (his relatives or other selves, perhaps) they should prepare to accompany me to focus 23.

*Making contact with R B*

Upon arriving at focus 23, I formed a strong desire to reach out and contact R, wherever he may be. A second or two passed. Then I was in the presence of very strong, heavy energy! It was absolutely unmistakable, the presence of this energy. I felt completely engulfed but safe and somewhat calm. I knew undoubtedly that I was in his presence.

After this initial contact this strong energetic presence continued for quite a while during the long discussion that followed. We basically had to catch up for all these years we have been out of contact. I talked about him at Atlantic College (AC), how he was always active, always giving announcements in Bradenstoke hall. I also told him what I did after AC, attending Macalester College and I how I came to be interested in consciousness, death and the survival of it. I mentioned that his parents sent out an email to a number of friends and I had it through Cary.

I continued to tell him more things. It must have felt like a huge big rote to him. I basically gave him a quick and dirty rundown on the process of surviving death, the possibility of learning how to travel the Belief Systems territories and beyond and the fact that our memory remains intact even after death. That's how he has a memory of me, of his friends and family. That part of him that was R on Earth was over and the rest of him that still remains R lives on. I explained to him that heaven, nirvana and all those places that we know from religious studies actually do exist. Hell in my understanding does not seem to exist as it is usually described.

*R B goes through "second death" and we move on to F-27*

After telling him this I observed that the heavy energy had lightened considerably, perhaps because of this new knowledge of life after death and perhaps also because knowing that hell does not exist as it is portrayed in the literature removed a big fear barrier. I also told R about areas in existence (like focus 27) that very much resembled life on surface Earth where he would be able to research virtually anything of interest, meet people from all time periods, even friends or family long forgotten or those he didn't know he had.

At this stage I perceived that R was perhaps more open than ever to the messages I was sending him. I was also aware that his passing was only

recent, so the attachment to the physical world could still be strong. I attempted to suggest that we go elsewhere, where others would meet him but I detected resistance, so I backed down and suggested that he think carefully about all I'd said to him, that eventually he'd have to move on (he couldn't stay there forever), that when the time came someone else like me would approach him who could help him.

I turned around to leave (pure RAM style!) when I realized he was perhaps more willing to go along than I'd imagined. I thought about how to get him to the higher focus levels. First, I imagined throwing a rope to him. I knew it would be fine to take his hand, so I did. For the first time ever during a retrieval I had to stretch my hand (the one not holding his) above my head and "pull a skip" towards level 27. I found it to be really interesting that I needed the extra focus and power. Why did I have to do this? Perhaps it was because of the extra weight? Could it be that I actually retrieved him from the surface and not from one of the rings in the focus 23 area, which I thought was the case? Or could it be that the energy at TMI allows retrievals to be easier and that this time round I had to use my own energy and efforts? I am not quite sure but that was what I had to do to get off to level 27. It was fairly difficult, but fun.

On the way up to level 27, I could sense R's excitement to be "flying". He was like "wow!" I in turn was like, "Yeah, I know… it is fun". I think he could also perceive some of what was happening in the rings as we went past. I was more focused on getting to level 27. I remember setting my intention to arrive at the reception centre. Turned out that R would rather go to my special place at level 27. I told him about my feline friends and about all the creatures of old that he could find in level 27. As we arrived at my place, I noticed that the felines conveniently disappeared! Even before my eyes, they were gone! Was this perhaps because R was there? Anyhow, that surprised me quite a bit. We settled in and I showed him photos of other parts of 27 on my holographic computer and he was impressed. I pointed out the reception centre and suggested that we'll be going there to meet his friends. He preferred to wait at my special place while I go bring them over and I was perfectly fine with that. So, I went on to the reception centre to gather his welcome crew who I took with me to my place.

As he met them, it seemed he knew who they were. There was an emotional moment as they led him away. As he departed, I asked him once again to he give me a message I could send to his parents. He sent again (as he did when we met earlier and I'd asked him) an image of a ring? Well, I have absolutely no idea what that means, and I will send the message anyway.

*Reliving R B's death*

Another interesting occurrence was the re-enactment of his death that I experienced after he left. It was a ROTE that opened only upon his departure at level 27. The ROTE basically "opened up" – I experienced a sense of falling. At first, I thought I was falling out of focus 27 but then I realized that something else was happening. I heard a "whoa…", then a "wait a minute!", then shouting/screaming, then an image of a triangular object (presumably a hang glider) twirling into a downward spiral into the valley of a mountainous terrain. When this experience was over, I was back at my special place in focus 27.

I took an energetic shower (see glossary), hang out with the felines for a while and headed back to c-1 with a stop at focus 18. It's such a lovely spot out there! Once again, I didn't want to leave!

## 7.8 Exploring and experimenting at Monroe Focus Levels 8 - 14

*Saturday, March 26, 2005. NYC. Start unrecorded, End unrecorded*

This Saturday morning, I decided to explore perceptions and sensations while in focus levels 8, 9, 11, 12, 13 and 14. I suspect that much is to be gained by researching these focus levels. To aid with the experimentation I used the meditation tape obtained from TMI, which creates a background of pink noise. It is ideal for concentration exercises and for "phasing into the focus levels". I also briefly went to focus level 27 before the tape was done.

*Experiments*

In focus 8, the sensation I felt was that of being in the body presence and communicating with an aware body. It was quite fascinating. Focus 9 was a bit different. It felt more like being inside the head, but not in the rest of the body. An awareness of what it's like just being inside the head. Focus 10 seemed to be a combination of both being in the body and inside the head. The feeling was that of completeness. I usually associate focus 10 with the phrase "mind awake, body asleep". This description originated from TMI, for this focus level. Perhaps the mind perceived the entire body all in one piece. I tried to move deeper into the awareness of focus 11, and later tried to merge with focus 12. The idea was to unify the conscious, subconscious and Higher Self minds into one awareness. This is because in the human plus tapes, focus 11 is described as a gateway into the subconscious & unconscious minds as well as into levels where much energy can be accessed.

I felt as if I received a download in focus 12 as I merged deeper into this level. The feelings were distinct. There were body vibrations, chakra activity in the crown and 3rd eye and most of all in the throat chakra. There was a distinct beginning and end to this activity. I created the intention to "receive what information is useful to me at this time" as I reached focus 12. I also felt a definite "moving deeper into awareness" and saw the appearance of a spot of light that expanded out to look like a flower. This is my usual signal to begin the process of getting out of my body. It is the formation of a tunnel/vortex appearing in perception.

Moving on, once I arrived at focus 13 the "download" felt like it was complete.

(An interesting aside is that I have sometimes woken up at night a bit disoriented. While in a semi-sleep state, I have perceived this light tunnel. It seems to be the case that when we go to bed at night we naturally phase in and out of the focus 11-12-13 regions and it's during this time that we "upload" information on the day's activities up into the Higher Self. This same region can also be used to receive "downloads" when done consciously. There also seems to be a connection between this region and alpha brain waves).

In F13, there was a switch between no activity and perception of a new environment. It was almost like the "CLICK!" sensation described by Monroe in his books. Focus 14 had a surprise. As I got deeper into the level, I met beings that looked insectoid! I heard the word "infection" said out loud.

*Higher focus levels and the feline beings*

Finally, I proceeded on to focus 27. The lion beings who had been guests at my place have decided to leave. These are beings that I met during the Starlines program at TMI, when visiting the Sirius and Centauri systems. They live in the energy fields of these star systems, and had decided to return to their own level. I heard "you're late" as I arrived home. They said that their work at F-27 was done, that they were to return to their own level. They also said that they'd leave one of their feline beings behind with me, in what would look like a feline animal. I thought in my mind, "Just like cats were left by Sirian beings in Egypt to spy on the Pharaohs? You leave the pretty little kitty cat behind to spy on your victim while you're away". With this thought I approached the feline beings and said that if I detected any such spying or interference from the being they were to leave behind I would send the last of their kind back to them. I detected a scan in my energy field (or some sort of probing), surrounded myself with gold light and left to the library on focus 27. Upon returning to my special place I realized that I didn't have a strong inner urge to return the feline being just yet so I postponed that.

Final note: on the way to F27 (I "jumped" straight from F14) it took a while to get used to the F27 energy. The tunnel (point of light expanding into a flower shape) sustained all the way.

## 7.9 Exploring Earth poles and Jupiter

*Sunday, March 27, 2005. NYC. Start unrecorded, End unrecorded*

After making a trip to the "memory room" (see glossary) in F-42, I returned to C-1. The purpose of the trip to the memory room was to collect more

useful information on me as a soul.

*Pre-projection observations and occurrences*

While in C-1, lying in bed and feeling serene, I began to pay more attention to the high pitched sounds inside the cranium, trying to find out whether or not a pattern was present. The sounds began to increase in frequency as I focused more and more on them. There seemed to be two layers of sound. One was a steady, non-changing pattern that resembled the noise from a television set not on any particular channel – the same sound as pink noise. The second pattern took the form of alternating pulses amidst the first pattern. By simply focusing on both patterns, it was possible to observe them increase in pitch and frequency. It could be that the attention focused on the two patterns caused them to change in frequency. As this happened, I experienced a gradual discoincidence of the subtle bodies with the physical body. Some interesting changes were occurring in perception as space began to twist and turn, with the occurrence of the discoincidence.

Then in an instant the tunnel appeared in view and I got sucked into it and out of my body. The intracranial sounds gradually diminished until they appeared as a distant perception of sound. In addition to being sucked out of the body there was an enlargement/expansion of the body of perception, together with a feeling of lightness. No breathing problems occurred on this occasion. In fact, breathing was normal and natural all through the pre-projection period.

*Projection period*

In order to get out of the body I needed to focus on a target. On this occasion it was the North Pole. Once the target was well formed in my mind, ‘getting out’ became much easier, almost instantaneous. I got sucked into the tunnel/vortex (appears as amorphous shaped light – it was bigger this time).

Distant perceptions – what began first as being inside long grass (walking) turned into perceiving the ground beneath me open, with structures underneath it. There was a clear image of a doughnut shaped structure with two cylindrical protrusions on either side if it, above the Earth at one of the poles.

Other perceptions while I was out included a pyramid. I perceived a woolly mammoth and almost instantaneously it seemed that I was in the energy field (or the skin) of an animal. So, it could be true that mammoths really still do exist 'up there' at the north pole?! I got an image of the Earth as I moved away from it. I could still see this doughnut shaped object at the North Pole. Was it a space station of some sort, maybe? Was it some kind of ship?

Next, I was in front of Jupiter after moving away from the Earth. I exclaimed, "Oh my god!" It was huge! Quite a sight! I perceived it in dim colour. There was a sort of ring surrounding the planet from top to bottom (vertical), cloudy looking, in addition to a thin ring around the equator.

At one point a wooden object in my room creaked causing me to get pulled closer to the physical body, but I was able to move out again. Once I returned into the body, it took a few seconds for the intracranial sounds to return to their normal high pitch and once again I caught on to the noise pattern that existed before the experiment.

## 7.10 The biracial experience

*Thursday, March 31, 2005. NYC. Start – 12:45 pm, End – 1:20 pm*

This afternoon, I did a session using the timeline take home CD from the timelines program at The Monroe Institute. This is a program that teaches participants to learn how to use consciousness to travel back and forth along the time dimension as accessed through F-15.

On this occasion, I experienced the displacement/discoincidence of the energy body before separation. There were no breathing problems experienced.

*Results*

There were fragmentary images from the experience. A source of light, shaded, on a standing lamp. A man sitting in a chair. An old car with the looks of a London black cab driving away from a building with a roundabout in front of it. Later, the image of the man in the chair got clearer. He was wearing a suit. The chair he sat in looked comfortable. They resembled those you'd find in a living room. Then there was an image of an old-time sports car with someone driving it.

Later a woman came into view. She was wearing a long dress. It looked white. Then again, all the images came to me in black and white! I also got a better view of the room. There were high ceilings. I then got an image of a hand holding a gun. It appeared that the hand was coming from my body. I am the man with the gun, and I get shot by someone else. As this happens, I feel my spirit withdrawn from the shot body, and I perceive a picture of the person who has just been shot. He was wearing a suit and looked bi-racial and had dark hair.

Fast forward – now I am in a boat. There are only two people in this boat – a man (bi-racial) and a black woman. They're alone. She puts her head on his shoulder. The experience comes to an end.

Answers – time is 1947. Place – Sudan? Lessons learned – I asked questions, but the answers came as non-verbal pulses and body vibrations. There was much throat chakra activity. Re-entry into the body was clear and definite.

## 7.11 Journey into the Inner Earth and to Focus 27

*Friday, April 1, 2005. NYC. Start – 5:10 am, End – not recorded*

This morning I awoke at about 4:26am after getting into bed the previous night at about 11:15pm. I had been burning white sage in the room and had coughed a lot during sleep. There were many dreams this past night. After having some rice and beans, I brushed my teeth and lay down, calmed the body and began to set my intention to be above the Earth.

*Pre-projection experiences and observations*

I noticed the increasingly familiar shift in energy over and around my physical body. It is almost a tangible force. I think this energy phenomenon I felt is different from a discoincidence in the sense that the bodies had not yet separated. These were just auric energies that I felt before the discoincidence of the bodies occurred. It is another energy I feel that accompanies the separation of the bodies. I focused on the intracranial sounds. On this occasion, they diminished, but remained quite present all through the experience. On a previous occasion, the intracranial sounds diminished a whole lot and seemed like a distant perception after separation.

*The Inner Earth*

Gradually, the perception changed and I was above the Earth. My intention was to enter the Inner Earth realm (see glossary) so I focused on the polar region to see if I could get through from there. What happened next was interesting. I perceived the heavy energy of the Earth! There appeared something that looked like a bridge much like the one that can be perceived when "crossing over" in F-21. Crossing this one was much slower than it was crossing the bridge at F-21. It may be that his bridge was at Earth's core (see glossary), EC-21? In any case, after crossing this bridge, I got onto a winding path leading into the mountains. There was some light around. I tried hard to find settlements. There was a lot going on in my mind. I remember entering a huge hall. At first it was empty. Then some reptilian-looking beings came in and tried to surround me. I just floated up and away. At one point I tried to get info on portals/stargates, whether it was true what I'd read about emerald races and so on. I got a signal that it was time to leave. A big tunnel appeared behind me and at first I contemplated entering it, which I eventually did.

*Moving on to F-27*

Once out on the other side (our space, above the surface) I concentrated on getting to my special place in F-27. Another tunnel appeared in my perception and I shot through it, appearing in F-27. In F-27, I found that I was lying on a hammock. The scene changed and now I was in the library. My ability to perceive what was happening during this session was not that

acute. I changed my 'clothing' to something simple – shirt and trousers of the same colour. I perceived others around me, but only through feeling, not actually seeing them. I directed attention to where I could get information on stargates and the truth about them. Here in the library I had a new insight. It seems that regulating just the sound of breath improves lucidity. Breathing always takes place while out of body. By just ignoring the sound of it, the mind perceives more of what is going on in the out of body environment.

Finally, I tried to do some time travel in focus 15 to Egypt. I focused on many things to make this happen, including giant pyramids, clocks turning backwards, tearing pages out of a calendar, etc. (visual aids to instigate the actual experience). I'm not sure whether or not I succeeded – I think I hit a wall of some sort. Getting back into the body was uneventful.

## 7.12 Example of a blank projection

*Tuesday, April 5, 2005. NYC. Start – 12:15 am, End – 12:32 am*

I went through the preparation process before attempting to get out. First I performed an energy workout, which involved absorbing energy, circulating it through my aura and finally exteriorizing some of the energy. The level of energy that accompanies these exercises is as high as what I used to get while using the quartz crystal to charge up.

Next I proceeded to focus 10 and worked on the vibratory state. I also focused on intracranial sounds. I heard cracking sounds (similar to what you hear when a Geiger counter registers levels of radiation) for the first time.

The level of energy was very high. In fact, it was just like a level I'd experienced twice before in the past, but on those occasions my efforts did not result in an OBE. It was during a time when I was still working to achieve one. I felt as if I was experiencing a super charged vibratory state.

Just by focusing on intracranial sounds I began to separate the astral body from the physical and had a real sense of displacement of the astral body. I felt completely out of body and I knew that the physical body was "down there somewhere". However, I had no fixed destination in mind before beginning, so I found myself struggling to create one once I was out. After a moment I decided to let go and to see what happened and where I'll be taken to. With that, I became extremely light and began to float completely effortlessly. It was as if I was being aided. I continually let out the thought, "lucidity is not that great". I didn't know where I was going.

Return to the physical occurred by going through a brief black out before gaining awareness of the room.

## 7.13 Journeys to the past, the future and to subtler levels

*Thursday, April 7, 2005. NYC. Start – 8:57 pm, End – 10:29 pm*

Tonight's activities can be described as a "journey" that began with a long period of energy exercises – absorption of etheric energies, focusing on intracranial sounds to aid the vibratory state and finally working the vibratory state. To aid in concentration, I used the TMI meditation tape, which produces pure pink noise that cancels out outside noise.

I had a fairly heavy meal only less than an hour before this session. During the energy exercises I noticed that the digestion rate increased. The rate of digestion has increased a couple of times in the past. The initial lying posture was on the right side. It seems to work fairly well for me. I changed posture to lie on my back, which is generally the posture I use.

*Projection session*

First, I tried to produce a projection into this time space, but changed my mind and went instead to focus 12. There was initially a bit of mind clatter I had to deal with. In focus 12, I merged deeper into the perceptual field simply by thinking "deeper". The intention was to collect any information

left waiting for me, almost like an email or a download. There was a feeling of connection to a source of high vibration.

I got the notion that I had to go to focus 46, so I began the long journey there. This involved "pulling a skip", as Robert Monroe described in his book *Far Journeys*. A number of things appeared in my perception. First, there were a bunch of symbols that looked like they were floating around in an Alice in Wonderland type world. One of them appeared to look like an 'A', with some variations – very similar but still different. There was also an eye, a big one, with only the iris and the pupil.

*Activities at Focus 46*

A being appeared in perception and asked what I was doing at this level. I was told that I couldn't remain, that I had to leave. After my experience with 'Ben' at The Cloisters in NYC I try not to be aggressive with any beings I meet when communicating with them. My intentions alone are enough to let the being know what I'm thinking. I in turn relayed to the being that I didn't know exactly why I was here at this level. The place seemed familiar. By this time the familiar strong energies of the higher levels were present and also I was experiencing strong heart chakra activity.

*Meeting Bishek at Focus 34/35*

I decided to go to focus 34/35 to see if I could perceive other Higher Selves. At this level, I met the projected image of a "friend" who was identified as "Bishek". Well, I don't really remember who this being is from any experience on Earth, but the being sure acted like it knew me. Its presence was strong and sure. I got the image of a human face with brown skin. Egyptian? Indian? Sirian-Reptilian? I wasn't sure where the connection went back to, and whether the being I perceived was male or female, or both. I also immediately thought of the look Teal'c of Stargate SG1 sometimes makes when he's thinking about something. He shows one eyebrow raised. This being looked like it had both eyebrows raised.

I relayed a lot of Stargate SG1 imagery to this being and also the sense that I wasn't quite sure whether Bishkek was androgynous from the image I got. Bishek then sent me an image (more like a holograph, since it had moving parts like a video) of its world. The buildings looked tall and slender,

almost like cathedral buildings with square towers. The denizens of his world used anti-gravity vehicles. I was excited by all this because I could perceive it all quite well, and I relayed this back to Bishek. So I guess Bishek was definitely some kind of sequential being I'd known at an earlier time or incarnation elsewhere than on Earth.

*Hanging around the location of my Higher Self*

After this encounter with Bishkek and still at F34/35, it occurred to me to attempt to perceive my Higher Self. Before long I was in the presence of strong energies. Ideas began to flow into my mind. "It would be fun to try to perceive the point of entry of incarnational streams from the nexus of time of the Higher Self", I thought.

(To learn more about the nexus of time and the Higher Self in general, refer to the Matrix 5 Gold Trilogy, which has excellent information on that and many other topics concerning The Game in this galaxy, and participation in it).

Perceptions were crystal clear in my mind. Daringly, I asked to experience an event that would make it really clear that I was in the presence of my Higher Self. Before even finishing this thought I was hit by a definite wave of energy that persisted for a few moments. With some nice feelings of nostalgia, I formulated such thoughts in my mind as hugging my Higher Self?!?

*Activities in Focus 27*

The next locale to be visited on this journey was focus 27. First, I went to my special place, where I took a walk in my garden. I then went to the library and finally back to my special place. It seems my place has changed. The pyramid theme is still present, but this time, the home looked almost like a triangular prism? Bizarre. During the walk, I perceived many beings. It seemed the path I walked on was made of slabs and I was bouncing from one to another and having fun. Some beings gathered to watch and I asked them why they were watching.

I then returned to the library once again. This time at the library, I began experimenting with getting information in different forms inside and

outside the library simply by using the mind to receive such information. One example of this was walking on the front lawn of the library while receiving a rote on some information or other.

*Time travel to the future (2300) and to the past (1600)*

The next journey was in focus 15. The idea came to mind to travel to the year 2300. This would be an attempt at experiencing time travel. I'm glad that I succeeded, and probably for the first time consciously. It was exciting! As I set the intent to reach the year 2300, a tunnel/vortex appeared in the field of perception (similar to many tunnels I'd seen previously) and I was transported through it. There was a slight jerk or resistance before entering the tunnel. This is probably the first time I've experienced a thing like that.

Upon arrival, I perceived a grey world that looked like the twilight zone! There was a valley, flat and deep, almost like a crater on the moon. Large rock boulders were lying around. It seemed as if there was no atmosphere or no sunlight and it almost felt like being on the moon, like very grey. There was definitely no beautiful blue sky. Later on, other images began to flow into the mind. One was a dog, maybe two. Why did these images appear? I am not so sure.

I then decided to travel to the year 1600. There was no discernible tunnel this time. Next, I appeared in a room. There was a door ahead of me and I walked toward it and opened it. Light flowed into the room as I opened the door. It was almost as if the door had been shut close and it was dark inside where I was. As I walked outside, I realized that I was in the body of another person. Was this another incarnation of mine? She was wearing a dress. There was hay outside, bundled up and also just lying about on the ground. I perceived a man working on/with the hay. He was surprised to see me outside. He said something like, "oh, you're up!"

It seems that the woman was put in there for some reason. Maybe she was ill? Anyway, I found myself saying things and I wasn't sure where they were coming from or who was telling them (me or her). In order not to cause any calamity, I separated from her and returned to open space, and to

focus 15. On the way to focus 12, there was shaking, like the sinking feeling felt with a sinking take-off.

This time when I got to C-1, my eyes wouldn't spontaneously open as they usually do at the end of a journey. They remained shut until I consciously opened them.

## 7.14 Crash projection – unplanned destination

*Tuesday, April 12, 2005. NYC. Start – 1:15 am, End – 1:49 am*

Tonight, I had no intention of producing an OBE. Rather, I had planned to work with energies before going to bed. As I lay in bed, I began replaying the day's events in my mind. I just watched the movie *Brave New World* on the Sci-fi channel as well as a bit of Steven Spielberg's *Taken*, part 2, which I got on Netflix. I was also experimenting with focusing attention using different visualization exercises.

As was the case before, the energy level picked up much more after the second session of energy absorption. Practicing focusing attention sends me deep into the mind.

*Results*

I began to perceive random images. First, there was a bridge, and then there were woods. In the middle of the woods, I perceived a dark portal, almost as if the landscape had just developed a tear. As I walked through the portal I felt pain in the centre of the middle portion of my back, which felt as if something was being jerked out, but the pain was a stabbing feel that was energetic.

Gradually the second body began to lift off from the physical. It's been a while since the sensations were this strong. Surprisingly the physical body didn't complain as much as I thought it would. It simply let go.

I had no destination in mind as this trip was unplanned. The breathing rate increased, but as a natural reaction to the second body leaving, it seems. There was no perceived threat, but the mere fact that this happened shows that there is still some fear lurking deep inside me.

There was also not much resistance from my stomach area, although I have just eaten some rice. The upper body remained "heavy" and the last portion to separate was the head region. Once separated from the physical I travelled to several locations such as my old home. As I had no particular destination in mind, I eventually returned to the physical body.

## 7.15 Journey to 2050

*Friday, April 15, 2005. NYC. Start – 12:31 pm, End – 1:18 pm*

This was a Monroe tape exercise done in Laurie's voice. Here is what happened.

First, I proceeded to focus 15. I then intended to be in the year 2050. I perceived a bridge. It was the first to ever appear to me in focus 15. Laurie's voice came in. I decided to ignore it because her guidelines were too detailed. I then began to travel on the bridge. I perceived a mouth with two fangs leading into darkness. I perceived all kinds of space objects and crafts. Among them was a space shuttle. Then all movement stops. In front of me is a star (was it the sun?) A bright planet comes into view. It has one broad ring around it.

I feel a change in the energies. The energies have become "denser", almost as if surrounded by another being or perhaps within the energy field of a being? More images began to appear. I saw a city, the downtown area, much like Manhattan. I saw a car, but I was not sure whether people were in it or not. I then saw a road and after that many images associated with the city.

A lot went through my mind, much of which I cannot remember now. During the return journey there was a gradual awareness of the physical

body. First, there was a sensation of vibration, albeit faint, and then finally a full merge with the physical body. The physical body felt tense and heavy.

## 7.16 Orion and Sirian worlds and the Inner Earth

*Wednesday, April 20, 2005. NYC. Start – 9:40 pm, End – 10:00 pm*

During this journey, it was my intention to investigate for myself the truth about whether there are coliseums on Orion and Sirian worlds where large "games" are played between a hunter and the hunted, as was the case in the movie *The Running Man* with Arnold Schwarzenegger and also in various cartoons like X-men and Justice League. In these games, victims are captured to play in a game to the death, where a "hunter" goes in for the kill, or alternatively gets killed. Often in these games the promoter goes out of his way to get players strong enough to play for the maximum entertainment of those present.

*The pre-projection stage*

I began with energy exercises, which were quick. I used the quartz crystal to get a head start, and then abandoned it when sufficient energy was built up. Focusing on intracranial sounds helped increase the vibratory state. Strong focus and will power together with emotional energy can power up the body quickly with very high level of energy.

*The world with the arena*

Leaving the body was quite dramatic. My focus and resolve was extremely strong. On this occasion it helped to use the "focus" command associated with the H+ tape, Attention. With a goal in mind, but without any particular destination I felt being pulled away from Earth very fast so I went along. I then appeared in an arena with a single tower in the middle with a dome on top.

*Arena*

I also perceived a large circular area and sidelines along this area that looked subterranean and divided into various blocks or compartments, like

vertical cubicles. I sent out the intent to see fighters and got back an image of a half human, half robot being, or so it seemed. I then left the arena and appeared on top of a high building resembling a cathedral, but rectangular and not like a cylinder. From this vantage point it was possible to see an entire city, with the arena just at the far end of the city. This was quite exciting!

*The Inner Earth*

Next, I decided to visit the inner Earth dimension once again. Almost instantly I found myself close to the Earth once again and could feel the pull of the physical body a little more than I felt when I was far away. I was however still in space, where I could see the Earth. I imagined the bridge I saw in an earlier projection into the Inner Earth. A rather dark tunnel appeared this time, leading into a place that resembled a cavern. I felt like I was on a boat travelling on an underground stream, while looking up at the high roof cavern.

I perceived an image of a fierce canine creature and sent out a thought, saying, “I mean you no harm – I am only here temporarily, to explore”. The canine creature stopped snarling and relaxed as I pass by. I tested the perception several times to make sure it was really what I perceived and it was. Fascinating!

Next I focused intent on meeting “speaking trees” and I get moved from where I was at, to what looked like a forest. I thought I detected hostile intent, so I sent out the same message as before. I then found myself in the presence of a tree being. I felt I had to sit down, legs crossed like in a yoga asana pose. The intent was to communicate with this being. I sent out an image of Pocahontas sitting in front of a tree she talked to (in the Disney cartoon) and immediately felt some pain in the mid and central sections of my back. The next thing I realized, I was much closer to the physical body now. I then ended the session.

After waking up I rationalized that this sharp pull must have been the silver cord. I have experienced its pull a couple of times in the past.

*Observations*

Overall, there were no breathing problems on this trip. Take-off was quite energetic, but focus was high. My energy felt heavy though. I tried to use the vibratory state to produce more lucidity while out and felt like it worked. At one point during the trip, I tried to see my hands and feet. What I perceived was that energy was flowing out of the ends of my fingers. A similar thing was happening with my feet. Overall, it was a good trip.

August 2019
There are certain beings from the Orion and Sirius star systems that are known to have greatly influenced our Solar System and in fact, this entire sector of the Milky Way galaxy. The greatest amounts of useful material I have found on beings from these worlds were from the works of Robert Morning Sky, whose books are for the most part no longer in print. His book *LA Transcript* is great, if you can find it. The Matrix 5 Gold Trilogy gave a 'necessary and sufficient' run down on beings from these worlds, but this series is also now out of print. There are also several books in print and other materials dealing with beings from Orion, Sirius and many other worlds that are currently interacting with our planet. Some of those whose works I found useful are Anton Parks, Credo Mutwa, David Icke, and Ashayana Deane.

## 7.17 Visiting Venus and fire beings in the Sun

*Friday, April 29, 2005. NYC. Start – unrecorded, End – unrecorded*

Still in keeping with exploring our solar system, on this trip I first toured the Sun and then the inner portion of the planet Venus. This weekend I am a participant at the CDP Advanced-1 workshop organized by the International Academy of Consciousness (IAC), which will be taking place in New Jersey State.

*Pre-projection preparation*
Before getting out of body, I performed "standing meditation" qigong, and one round of "Ruyi Zen" qigong. I also used fractional relaxation to get the physical body relaxed. During fractional relaxation, I noticed that my lower

body had begun to vibrate. This was likely due to the root chakra charging lower portions of the body. Before long the entire body was vibrating.

*Fire beings living in the Sun*

Getting out of body happened relatively fast. It was probably due to assistance from non-physical helpers. It has been one of the easiest trips out I've had yet. The first destination was to the Sun. As I focused on this target, the tunnel appeared in view and I got sucked out so quickly that I was even surprised. Appearing in front of the Sun, it looked like the discharge from the stargate in the movie *Stargate*, released in 1994.

I sent out the request, "permission to explore this realm." A serious shaggy-looking being arrived, almost seeming to ask, "what do you want?!" I replied that I was interested in receiving a tour of the insides of the star. One that would be given to beings interested in exploring the sun. I was asked to follow this being, whose hair was so long it was almost half the length of its body. The being itself was about four feet tall, maybe a little bit more. Before long it seemed like we were travelling through a circular tunnel that kept turning left.

At one point an exit appeared on the side of the tunnel. I stopped following the being and veered off the path to investigate what lay beyond. I perceived a bridge of some sort between where I was and another realm. I could not go down this bridge, however. There was some force, some resistance, preventing me from doing so. Soon enough the shaggy headed being with wild eyes appeared and was probably upset that I didn't follow instructions. And that was it! The tour was over. Try as I might I was unable to convince the being to give me another chance. This being was not open to reason or compromise. I guess that's an Earth thing that does not necessarily work or apply in other realms. Here, if you don't follow the rules, you pay the price.

I was however able to convince the being into trying something new/different. I was interested in seeing what lay at the centre of the Sun and beyond. I wanted to go through the black hole to another realm. This I was given permission to do, after some resistance from the "Keepers of the Gate", at the locale. Before I went through the black hole, I asked the

shaggy being about its race/species. I was told that there are only a few of its kind, numbering in the hundreds. They work in the Sun. I was expecting to see large cities full of them but no. That was not the case.

*Through the black hole at the centre of the Sun*

Then I went through to the other side. The journey felt like taking the Lincoln tunnel from Manhattan to New Jersey. On the way, I felt the connection to my physical body grow weaker and weaker. This sense was very clear. On the other side, I expected to appear on a hot blazing world, but that was not the case. There was no sign of a star when I exited. Instead, I was on what seemed to be a beautiful planet with high snowy mountains and sparse vegetation. I was not to stay here for long though. This was only a sneak peek it seemed. A portal seemed to appear on the ground and I went through it to appear in this reality, almost immediately being sent back into my body.

*Visit to Venus*

I was not yet done with trips for this night, however, since there was still Venus to explore. With some will power I sent out a strong intent to explore the inner part of this planet. Slow, I moved out and away from my physical body once again and toward the planet Venus. Entering its inner realm from the North Pole, I immediately found myself facing some buildings that looked like skyscrapers from Manhattan, only a little fancier. A few of them had domes on the top of the skyscrapers.

These buildings were on rocky ground. Not wanting to get too close, I intended to see what the physical beings of this world look like. At first, I perceived nothing. Then I perceived a group of beings standing in an open space. They were probably manual workers. The ground was rocky. The view was a little bit far from being able to see clearly what these beings looked like, although they were most certainly humanoid in appearance.

Still not satisfied, I intended to clearly see a being of this world up close. Upon creating this intent, the scene changed and I found myself on the grounds of a private property, looking inside a house from the outside. The place could easily have been a home on Earth in terms of the design of the house and the décor. I was quite surprised to see this. I saw two beings

sitting inside a house and interacting with each other. One of them was certainly male. It had a column of what looked like hair running the middle of its head all the way to halfway down the back. Like a Mohawk. He was very human looking, but stockier with a rougher face and a nose that looked longish and rectangular. He had smaller eyes than a human on a hard, wrinkled face. I didn't stay here long. The return trip was uneventful.

## 7.18 New sensations and special place in focus 27

*Tuesday, May 3, 2005. NYC. Start – 2:35 am, End – 2:55 am*

This session was a success and an improvement in the overall process of projection.

*Difficulty achieving separation of the astral body*

After performing some energy exercises, I lay in bed. Almost immediately, I felt the onset of the vibratory state, after which I perceived what seemed like a change in dimensions. Next I had a visual perception of a fluid-like environment, which was rather vivid and full of abstract images. I have arrived at this pre-projection stage before a number of times in the past. As this was happening, I began to phase out of the physical body. The body wasn't cooperating so I had to give it an image of the act of sex, after which it began to function better. After the fluid abstract visual stage came a perception of the tunnel. The tunnel would appear and then disappear. During this part of the process I was experiencing breathing problems but I persisted. I focused on intracranial sounds several times during these earlier attempts to get out. I changed to focus 10 to further encourage the body to stop complaining and from which level I've had better results. A couple of times, there was partial separation but still coupled with breathing problems. Several times, I tried to enter the tunnel but without full success. I thought to myself that this time, things felt more difficult than they had been during the weekend.

Then events soon took a turn. While at focus 10, I managed to phase out of the body. The upper body first achieved separation, and then the second.

There was great activity in the heart chakra – the sensation was almost painful. The heavy energy body began to lift out of the physical body and the process was sensational. I thought to myself, "Not all the energy! Leave some!" The target was my special place in focus 27. Slowly the energy body separated from the physical body and the heart chakra activity continued. Then I experienced the first new sensation. The breathing pattern changed. I was not aware of breathing from the point of view of the body, or even close to it. The breathing pattern was almost like a wave. I could stop and observe it. It was there but I could ignore it. It is difficult to describe precisely what this was like. Basically, I knew the body was breathing and could pay attention to it if I needed to, or not, as I was out.

*Moving on to F-27*

At this point in the process, it was still a blank projection that was a bit wobbly at first but became steady afterwards. I then focused on seeing. This began the second new result. As the images began to fill my mind, I had an erection. This was a first and I could stop and pay some attention to the physical body as this happened.

In my special place, I tried to see my holographic computer. It appeared as a cube-like structure with something on it. I also find it interesting that there has been an increase in my ability to focus or concentrate. This helps a great deal. The difference between the blank projection and the ability to perceive images was very clear during the experience.

Upon deciding to return to the physical body, I got into it and for some moments had to reorient my feet and hands. Upon re-entry, it was very clear to me that I was out.

## 7.19 Special place and the library at level 27

*Monday, May 9, 2005. NYC. Start – 4:00 am, End – 4:27 am*

I am increasingly interested in mapping out my special place and in exploring the facilities and places in focus 27. In this projection I managed

to leave the physical body quite easily, to my surprise. I only just began experimenting with singing to my chakras! The vibratory state occurred. The key signal appeared (that is, the amorphous tunnel). I went through it, and was out of my body. The physical body behaved very well. There was no shaking or shuddering and neither was there any breathing problems.

While in my special place, I got the image of a rather simply built house. I entered it and thought to lie in my hammock. Occasionally, my thoughts would drift, but it seems I now have much greater control over them. I would then bring attention back to my special place.

I also experienced an erection on the way out and once I got back into the physical body, it took a moment to get oriented before I found my body vibrating again, just as it did before I ventured out. I separated the astral body from the physical once again, this time thinking "special place" as my target. Once there I proceeded to the library to read material on the Higher Self. There were 3 books I read and one that would not open when I tried to open it. This stubborn book looked big and old. I was also able to absorb information from the other two books. I could see clear diagrams and I could also focus on the text. This area of activity, which is developing the ability to read books by absorbing information non-physically, is one of on-going interest. I hope to make more progress in absorbing information like this in future.

I then returned to the physical body once again with a medium – sized gasp that drew my second body back in. Before getting into the physical body, I felt the second body over the first (physical). This ends this journey's log.

## 7.20 Coordinating Intelligences

*Thursday, May 12, 2005. NYC. Start – 4:00 am, End – 4:27 am*

Getting out of body seems to have become relatively fast these days. I think about the tunnel when I lie down, and then it readily appears, after which I get sucked into it. I think this is what Gavin and Yvonne Frost call "Keyed

Meditative State Astral travel" (*). The next challenge now is to cut off all breathing while out. I find that lucidity increases when this happens. My physical body is probably getting used to the out of body state now, I hope! Now, it must also get used to having less breathing, or no breathing at all.

Once out, I found myself on University Ave, near Union square in Manhattan. I stretched out my hand and began to move from the Earth's surface up towards level 27. In 27, my intention was to verify the presence/existence of the coordinating intelligences. When I took Exploration-27 at the Monroe Institute, I clicked out during this part of the exercise. Now, about a year later, on this occasion, I was led to a waiting room. Here, I perceived a humanoid being with wings. I said to myself, "this can't be 27?! This is the stuff you find in the Belief Systems Territories!" However, I tried to remain open minded. Some kind of communication was established between this humanoid being and myself. I was afterwards sent to another room. I saw a door open in front of me, and a person sitting by a table. This setting looked very much like Earth and more in line with my expectations. The person (not sure whether man or woman) seemed to be wearing trousers and a sleeveless top and in fact looked more like a woman than like a man.

I perceived the phrase, "Kwame, you can come in." So I did. To my surprise, I perceived really strong energy/radiation from this being. There may have been one or more beings there as well. The sensation was similar to what I experienced earlier this year in March, when I met with beings that work as the "cluster council" during the Starlines program at The Monroe Institute. Could this being be of the same kind? In any case I projected a message to the being saying, "I perceive strong energy coming from you." After communicating this, some form of communication took place. I informed those present that when I took the X-27 program last summer, I clicked out of this part of the exercise. I also communicated that on my current trip, I was primarily interested in establishing the existence of the coordinating intelligences. I asked for a rote that will give me some idea of their role/purpose, rather than field many questions. I also made it clear that I am still working on rote translation. I got a definite perception of what it may be like to receive a rote. It was like incoming energy, similar to

the amorphous tunnel of light, only that there were several of them in the field of perception, like 3 or 4 amorphous light collections.

I thanked those present and then intended to go to the healing and regeneration center to get some help on my knee. Not staying there long, I went to my special place in focus 27. I really just wanted to get somewhere to consider things, as I was carrying quite a bit of energy from the encounter that just occurred. When I got to my special place and onto the hammock I began to have strong, energetic showers and also some sharp pains at certain points on my body. I decided to return to the physical body.

## 7.21 Nonhuman intelligences, planning centre, beyond f27

*Sunday, May 15, 2005. NYC. Start – 5:00 am, End – not recorded*

After a brief and enjoyable shower and a short standing meditation session (good energy increase) I was ready to start. It is very quiet this Sunday morning. As I lay in bed, I recited in my mind the X-27 affirmation.

Take off was sensational and energetic. The physical body tried to protest a bit. Once the tunnel (gateway) appeared, I was out. Immediately I detected the presence of a small astral craft. On board were miniature beings. I left the craft after detecting some electrical interference with my astral body. I then got images of several ships. The beings on board looked like pterodactyls. They are probably moving towards this solar system.

In F-27, I perceived a rather futuristic looking place, like a scene from the Jettisons cartoon. At this place was a building that looked like a warehouse. I perceived 2 beings: one humanoid and another that looked like some kind of crawling insect. I then focused on arriving at the human part of F-27. A tunnel (gateway) appeared and I was transported.

*Experimenting with Game situations*

In F-27, I saw a building with two pyramid-like structures on top of the building. They were truncated, and the pyramids had spiral-like ‘stairs’

surrounding each from top to bottom). I saw this building from a distance. There were people walking into the ground floor of this building, which had a terrace in front of it. While inside the building I met no one face to face. There were rooms that had sets able to be rearranged in a holographic manner. It was possible to experiment with different game scenes. There were also other devices in other rooms where it was possible to rearrange the environment in very realistic ways, possibly to experiment with Game situations. On this occasion I interacted with what seemed to be myself.

*Projecting the mental body out of the astral body*

I then got the idea to leave my astral body behind in my special place and travel in the mental body. As I did this I said to myself, "I am more than my astral body" A gateway appeared while I made my way to focus 33, and to new energy. After travelling through the gateway, I arrived at a place with a different feel to the energy. It was definitely stronger here than in the lower rings. Projecting deliberately in the mental body felt almost like it did during my first astral projection in the sense that the physical body started to complain yet again, although it was far away. Step by step it seems, is the best way to go.

It was my intention to explore Higher Self clusters, beginning with individual Higher Selves and mine in particular. Next would be those around the Pleiades. This mission was however prematurely aborted. It would be carried out next time. Back in F-27, I felt the repositioning of the mental body back into the astral body. I really didn't want to return, but I focused on doing so. On the way back I caught a glimpse of TMI-there, the lawn to be exact. I could see some fancy buildings around the hillside. One was large, white and somewhat like a pyramid. Re-entry into the physical was simple and straight forward.

## 7.22 Earth core 27, and focus 34/35

*Tuesday, May 17, 2005. NYC. Start – 10:00 pm, End – 10:51 pm*

After standing meditation and two rounds of Ru Yi Zen qigong, I tried to project out of the physical body. There was some difficulty in achieving this. It seemed that the energies in the room were heavier than I anticipated. I cleared this with mental singing, violet and gold light. Projecting also seemed to be slightly more difficult than it has been recently. It seems that an excess of energies can make the departure process even more dramatic because the energies have to be "loosened up" first. It is probably disadvantageous to astral projection work to practice too much qigong without also making sure that the energies are "loose" enough to free the astral body from the pull of the bonding force.

*Pre-projection phase*

This is precisely what happened: The leg area separated first, then the midsection of the body and finally the head area. Much energy left out of the head area. Once I reached the stage of separating at the head, the rest of the process followed quite smoothly. There were no breathing problems. This was a concern, since the beginning of the projective cycle wasn't so smooth.

*Special place in F-27*

Once I arrived at my special place in focus 27, I got comfortable in the surrounds. I tried to collect information and to possibly get help before beginning the journey to the Earth's core. In this I used the holographic computer and also sent out requests to see what came back to me in the form of suggestions. I then lay on the hammock and projected out of the second body (astral) into the third (mental) the process was smoother than it had been the first time I tried it, when on that occasion I experienced breathing problems even though I was out of body and far away from the physical. This time was much smoother. I also noticed that it was easier to remain close to the second body while projected in the third than it was to remain in the second body while projected from the first (i.e. the physical body). I then journeyed to Earth Core, into the Earth's consciousness.

*Earth Core 27 – questions concerning Earth's Graduation key*

When I arrived, I made it clear through broadcasting my intentions mentally, that I was there to find out for myself the progress of Earth Graduation. I asked to be met by a conscious being that would choose to

interact with me. For a moment I thought that nothing would happen. I asked to be given a sign that planetary graduation was indeed in progress. I was then shown the Graduation Key once again, almost as if to say, "You already know this". Then I asked the being I was interacting with where the Earth Consciousness will go after here. I received a percept of sand, which initially didn't make sense, but which I quite quickly realised was a mistranslation of the communication. It was meant to be "sun" not sand.

Finally, I thanked the being and asked it for its name. This time I got a definite perceivable response, "I do not know of what you ask." This was also when I got a visual on the being. This Earth spirit I met reminded me of a being that had the face of a frog, with a serious expression on it. The last time I was in EC-27 I met another being with a face resembling that of an insect. The rest of the being's body was fully humanoid. This being I was currently interacting with was big and fairly humanoid. It had some sort of bat-like wing protrusions, only smaller. It had big eyes that were dark, and thick lips! It had a very imposing appearance. I tried to explain what I meant by name (that my true name is n__, that all beings have names etc.). This frog-face being simply seemed to be listening attentively, but did nothing or did not respond. I then recalled my request, thanked the being once again and I was off and away! Thinking about it now, this being must have been an advanced deva or some other representative of the Earth planetary spirit.

*Experiencing the energy around Higher Selves*

Soon I was back to F-27 and preparing to immediately depart to the subtler realms of focus levels 33, 34 and 35. I first arrived in 33. I felt a now familiar strong energy at this level. It was my intention to be in the vicinity of Higher Selves having the Simultaneous experience (See the Matrix V Gold trilogy for information on Nature Spirit, Sequential and Simultaneous modes of incarnation in this galaxy). The energy being emitted around these beings was really powerful. For contrast, I intended to experience the energy being emitted around Higher Selves incarnating in bodies in the Pleiades star system. The first image I got when I arrived at this locale was that of a disk? I was thinking – can Higher Selves look like disks?

The energy being emitted around the Higher Selves in the Pleiades was not as strong as that of those around the Earth. In fact, it was nowhere as strong. To be sure of this I made back and forth trips several times to ensure that this was indeed the case. Each time the result was consistent. Finally, I mustered up courage to make a trip to Orion to find out what the energy being emitted around the Higher Selves there was like. I intended to fly over the clusters of Higher Selves incarnating in bodies in that star system. To my surprise (yes!), the energy of these Higher Selves was lower than that of the Higher Selves in the Pleiades and FAR lower than the energy emitted by Higher Selves incarnating in bodies on Earth. The energies of the Higher Selves around Earth is similar in strength to what I've felt around some beings in the higher densities (F-42 and beyond).

Soon I returned to F-27 and got into the second body, with the intention of travelling with it through the belief systems territories. This didn't work – as soon as I got into the second body, I felt the pull of the silver cord and I was right back into the physical body. This one was a nice trip!

## 7.23 Rockets/missiles on the moon?

*Friday, May 20, 2005. NYC. Start – 10:50 pm, End – 11:04 pm*

After performing one round of standing meditation and Ru Yi Zen qigong, I started fractional relaxation and sang mentally to my aura/etheric body to induce a vibratory state. I set my intention to sleep. The signals that precede a projection began to occur. My intention was to fall asleep, with the hopes of experiencing a lucid dream/projection that way.

Soon, I decided to go along with the signs and to attempt a projection, since the pre-projection signs were not going away. Part of the reason for not wanting to project was because I had no target location in mind. As a last resort, I decided to get to the library in focus 27, stopping at my special place in f-27 on the way.

As I projected out of body, I kept getting images of reptiles. I tried to suppress them, however the images would not go away. Then in black and white perception I saw a huge heavenly body moving. At first I wasn't sure what it was but I knew it was a planet or a moon. I also wasn't sure whether I saw volcanic activity on it or not. Soon, more certainty came in. I saw clusters of what looked like missiles placed in different locations on this heavenly body. I then thought of our moon. Were these perceptions coming from there? My attention was then shifted to the Earth.

I guess I never made it to f-27 on this trip, but the detour was equally appreciated.

## 7.24 Projecting lying on one side

*Sunday, May 22 2005. NYC. Start – 8:00 am, End – 8:45 am*

As I awoke this morning, I thought about attempting to project while lying on one of my sides. This would be an exercise in training with another projection technique.

I thought about and installed the vibratory state. This happened in stages. While waiting, I had images of movies flash through my mind. I also focused on intracranial sounds which have been loud recently. Gradually, perceptions changed. In spite of the daylight, my view of perception grew dark, which to me was a sign of shifting awareness. Next I experienced a perception of "balloonment" after an increase in vibration. This is when the energy field around the physical body expands so that one feels as if they are in a balloon of energy. Then the perception of vibration ceased and only balloonment remained.

I did not stay out of body for long and I also did not have a clear target in mind. What turned out to be interesting was that I began to experience breathing difficulties while in this new position, as if learning had to happen all over again. The return phase was not sensational.

## 7.25 Timeline exploration – an incarnation in Atlantis?

*Sunday, May 22 2005. NYC. Start – before midnight, End – 12:14 am*

Finally, I have seen some of Atlantis through the eyes of one of my own incarnations who lived during that time. This time doing the exercise was fun. I used the take home CD for the *Timelines* program at The Monroe Institute to get to focus 15.

*The Early stages of the exercise*

I quickly experienced a vibratory state at the beginning of the exercise. When the voice guiding the exercise instructed me to go beyond this space-time location I actually experienced a shift in perception. Next, I met a guide that appeared shorter than me but who was physically fit. The guide exuded a brilliant aura and had all grey-white long hair. The guide was also wearing a long white robe. I then began the descent into the other incarnation. The first image that came into view was of the inner sanctum of a temple or great hall, sparsely furnished and well-polished with beautiful circular pillars as part of the walls. The light was dim as three or four beings sat in the middle eating and socializing. My attention was drawn to one of the beings who certainly did not look human, although the being had a humanoid appearance. It had large elf-like ears and large eyes that reminded me of the goblin in the Spiderman comics.

*Standing on a step pyramid?*

Then the scene changed. I looked at my feet. I was wearing no shoes. I had brown skin, but of course I couldn't see my face. Those feet were those of a man. I also noticed I was wearing what looked like a grey skirt for men and holding a spear? It could also have been a staff. There was another man standing in front of me who looked rather serious. We were standing on top of a structure that had concentric squares in its centre. Was this a step pyramid? When I looked around, I saw many pyramids. They looked like Gua'uld pyramid ships (from the movie *Stargate* and the TV show that followed) that all land on a planet in the sense that the edge of these pyramids had serrations. I also sensed/saw tall trees. At this point I wasn't

sure whether I was in Maya or in Atlantis or in some other place. The scene changed again. As I looked around I saw sacs full of some material. They looked like something that would be added to soil.

*Serving the masters in the temple*

The scene changed once again as I moved forward to a time where I would experience an interaction with people. This proved to be super interesting! First, I perceived the face of another serious looking man. He had a thin gold ring around his shaved head. I saw his face from the side. His serious look gave me the impression that he was probably a guard or a soldier. He also looked very much like a Native American man. I then looked in the direction opposite this man and I saw a being (man or woman?) with long hair who definitely had the look of a Cleopatra-looking Egyptian with black hair. I became more self-aware to realize my duty. I was carrying an offering to a being that also had this long hair of the Egyptian or Native American but had a bird's face! "Amazing!", I thought. I was serving an alien?! As I approached this being I had to bow in reverence/humility.

*Antigravity shuttle craft and working in the garden*

In the next scene related to this one I perceived something moving towards me with great speed. Initially I thought it was a missile being shot in the direction of the temple at great speed. But no, it was not so. As it got closer it repositioned itself along its side and it landed. It was a cylindrical antigravity shuttle craft. It was the arrival of this craft and being present in this scene with aliens that convinced me that I was in Atlantis (Later addition: or perhaps simply even in Egypt). I also came to realize my role. I was a servant in some sort of temple, seeing to the needs of these beings. After the shuttle-craft landing scene my attention was taken to a lawn that had some creatures on it that I have never seen before. Some looked pure reptilian and others not. One of the beings looked like a fox with a large beak resembling that of a dodo! These creatures were more like pets than like Higher Self incarnated beings. My role as servant continued into the next scene. In this one I first worked with plants in the manner of a horticulturist. I seemed to know what I was doing. With a metallic device that had ends resembling handcuffs and a string joining both ends, I attached each end to certain branches of two short trees and pulled them upright. There was some distance between the two plants. Then after

looking satisfied with this I went off to cater to a large birdlike creature with huge red claws. I reasoned later on that these were likely plants and animals of the alien masters.

Then I had to move forward to a time when I learned a significant lesson. First, I appeared on a balcony overlooking a water body. Standing beside me was a goblin-like creature, only that it was violet. It had shoulder, arm and head gear made of a dull but slightly shiny (golden green) colour and these other technological additions almost looked like body parts. I don't recall interacting with this being.

*In the private quarters of a master*

I was next in a dimly lit room with a being in a long greyish blue gown, that had less than 8 protrusion coming out of its head/face but in a circular fashion (like rays). I wasn't sure whether these were parts of the being's biology or not. I got the sense that I was in the private quarters of this being that was holding a staff. Then behind us I saw men wearing waist cloths. The men had menacing looks on their faces. I pulled at a bow fit with an arrow. Somehow I got the sense that this was big trouble, that my actions were courageous.

The scene changed as my awareness was taken to a raging sea. At this point the exercise was drawing to a close although more data kept coming in, because I hadn't yet separated from this incarnational self. During the last part of the exercise the guiding voice prompted me to ask a series of questions. Each of the answers was blank, although I perceived something going on at a subconscious/unconscious level. This has happened each time I have tried this kind of exercise. Could they be Higher Self workings, perhaps? Returning to the physical body was uneventful.

## 7.26 Dimensional portals and meeting beings on Ancient Earth

*Wednesday, May 25 2005. NYC. Start – before 5am, End – 5:24 am*

As I awoke still half asleep, I perceived "the tunnel" forming in the field of perception. With some concentration I focused on what it would be like to be lying in my special place in F-27, in the hammock. That did the trick, and I managed to get out.

*Accessing information on Ancient Earth humans*

Once I arrived at my special place in F-27 I did not stay long. I focused on going to the dimensional portal station I had visited before, in a previous projection (not recorded here yet – I visited a "portal station" that had 5 or 6 doors, all leading to places in different time periods. There was one door in particular that was "locked". Part of this trip was to check this out again). This time the trip appeared to be blank in the sense that I did not perceive the doors that led to different locales. Knowing exactly what I wanted to do, I focused on attempting to access the locked gate I perceived during an earlier visit to this place. I perceived what seemed to be an electric shock and a message reading, "You do not want to go to this place." That was enough for me. I returned to my special place in F-27 and began to query my holographic computer. Floating above the computer and over a platform I sent the message, "Computer, access information about the beings referred to as the "Oraphim", about the "Turaneusium-2" experiment on Earth, and the material I read relating to this." I expected a torrent of information to hit me. Instead, I got, "It is true." This surprised me. It appears that my holographic computer is more capable than I thought it was.

*Preparing to travel to the Far Past*

Shortly after this I returned to the physical body and woke up fully (scratching, yawning etc.) As I lay in bed, I noticed how quiet it was. I then thought to attempt an astral time travel trip to Ancient Earth to possibly meet the beings of that time. I decided it would be best to travel in my mental (3rd) body. I once again initiated the process of leaving the body, only this time I was starting from being fully awake. First, I sensed the vibrations of the subtle bodies that must have begun simply by thinking about projecting. I then decided to increase relaxation levels by sending the physical body to sleep. Focus 10 has become such a good state to invoke this. Next, I focused on intracranial sounds to use as a means to modulate the speed of take-off. Take-off was classic upward style with heart chakra activation. The entire body vibrated as I experienced the sensation of

separating from the physical. I even had slight breathing problems on this occasion. The intracranial sounds diminished once I was away.

Before getting away from "here-now" I focused repeatedly on my special place in F-27 and actually perceived (intermittently) travelling through a winding tunnel while I was being transported there. I couldn't wait to get to F-27 as I know that once far enough away from the body, the pull back to it gets weaker. As I arrived at F-27, I positioned the second body in a horizontal manner and projected out of it with the 3rd body. I then sent out a request for help travelling to a time in the past. With this, I left my special place and focused on reaching a time in the far past where I would meet some of the beings I have read about. At first, I thought nothing was happening. I only perceived darkness. I then noticed something very clear and distinct. The pull of the physical body (or the perception of being close to it) was extremely weak. I felt like I was free of it! Not actively perceiving the environment around me (i.e. visually) I projected the thought, "Am I here yet? Give me a sign." I knew I was not alone the entire trip.

*Making contact with the Ancient Humans*

I perceived faintly the energy of a being and got this message directed at me, "This being is not very lucid of our presence." I replied that it was true that my projections to date had often been blank, that I was working on improving perception. I could however sense their presence. Then I perceived the equivalent of "What can I/we do for you?" I explained that I had travelled from the future when the Earth then is very different from the Earth now. I explained that those of us from that time were challenged because of the fragmentation of our consciousness into different time periods and different densities. I said that I had read about the races on Earth from times past and wanted to find out for myself the truth about the Turaneusium-2 Earth experiment. I also mentioned DNA manipulation of the future human based on their kind. As I sent out thoughts, strong energy was sent my way in the form of what may have been rotes? I perceived these as little blotches of amorphous light ("seen" these before in a previous projection). The energy of the transmission was strong and contrasted greatly with the previous perception of calm when I first arrived here.

I transmitted a desire to stay a while longer and "look around", although my instincts and thoughts were more along the lines of leaving and returning to F-27 and processing this energy and information received but not yet understood. It felt like an energetic overload! I sent out a thought to thank the beings I had made contact with. I asked to be shown around before leaving. I knew that what I would be shown will still be saved somewhere in my Higher Self to be accessed later since at present I was not able to fully process visual information.

Once the trip was over, I thanked whoever it was (they were?) that communicated with me. I was eager to return to F-27 to process all the information I had received. Once in F-27, I also thanked whichever beings guided me through this experience. The feeling in F-27 was certainly different from that of Ancient Earth. It felt like higher energy or something. Or perhaps because Ancient Earth is so far back in time the imprint was much weaker for me to perceive. I imagined myself floating above a bench and pondering the trip. Just then I found myself in the park at F-27, above a bench. The energetic load I received was still on me and still not processed. I returned to my special place and saw the 2nd body lying down. This time when I got into it, it didn't immediately spring into the physical body. I was surprised as this is what I expected to happen.

*The holographic computer and the physical body computer*

I then resumed floating (lotus position) over the platform as I asked the holographic computer to help me process the rotes I had received on this trip. What happened was interesting. The energetic load went away, but I felt the information being processed by my body! The second body as well as the first! (i.e. the physical body). Organs were working and communicating! This was really fascinating to observe. The body is its own computer and can process its own information. I pondered this over for a short while before returning to the physical. This time, returning to the physical was slow and deliberate. I saw it before entering into it.

## 7.27 Time travel to the future

*Sunday, May 29 2005. NYC. Start –6:30 pm, End – 7:15 pm*

Lying in bed and listening to the meditation tape, I tried to think of a target to project to. The idea came to mind into project to the future, no specific time or place, just to the future.

Getting out seemed rather tough this time round. I am not sure why. Separation of the astral body began with the feet and finally ended with the head. During this time, I focused on getting to F-27 as a way to more quickly get out of my body. Eventually I managed to get out and into "the tunnel", which twisted and twirled. Then I went through a hexagonal structure and entered what seemed to me to be another universe. At first, I saw nothing specific in view except for what appeared as another galaxy. I focused intent on reaching this place. Soon, I began to reach closer and closer until I seemed to be travelling through gas particles.

What happened next was intriguing. I seemed to be in Manhattan, on Christopher Street now, and there were too many people on the road (close to 7th Avenue). I could also see people who seemed to be out of time and place! There were people from a European medieval period. I saw a number of soldiers standing by a cross. This all seemed to happen in an alternating fashion: between Christopher Street, presumably in the future, and medieval Europe of the past.

## 7.28 Meeting with a guide

*Thursday, June 20 2005. NYC. Start –after 4 am, End – not recorded*

It has been a while since I tripped out, partly because of being in Germany for a visit. On this occasion I wanted to meet with one or more of those guides who sometimes help me while I am out.

After focusing on intracranial sounds and using this to charge up my energy body I made it clear that I wanted to be in F-27. I first intended to go to F-27, then from there to find one of my guides. Leaving the physical body

was almost instantaneous. Gradually, as I focused my intent away from the physical, I could no longer feel it. Once in F-27 I quickly switched modes from flying to enquiry. I sent out the intent to meet with one of my guides. I also made it clear that I wanted to have clear and definite answers during the communication. I thought that maybe we would meet in F-27 but then I also thought of the possibility of meeting elsewhere "in space"? After reading some of the material from Voyager II I am not too sure what space really is now?

I met my guide. He gave his name as Kweku. I couldn't believe it. His answers were indeed clear. I could hear them in my mind and it didn't seem like me talking. He said that he had once incarnated on this planet, that he was not me from the past or the future. All his answers came in as "yes" or "no". They were very clear and definite. I almost did not believe that it was happening, however the energetic feel was definite and my attention was focused. There were many more questions before I returned to the physical body.

## 7.29 Alien experiences of the past

*Monday, June 24 2005. NYC. Start – 3:58 am, End – 4:36 am*

This trip was most interesting on several levels. I used the Timeline program take home CD from The Monroe Institute in this exercise.

As I descended into my other incarnation, I found it to be a man with no shoes on, wearing a white flowing dress with a white band across the upper part of his head. I also saw a woman wearing a dress with a belt across her waist, also with a band across her head. Behind her was a reptile-looking humanoid with menacing yellow eyes. For a moment I almost doubted what I was experiencing. I heard loud and clear in my mind, "aliens". When trying to find out where I was indoors or outdoors, I got a brief image of several pyramid structures outdoors. Because of this I initially thought that I was in Atlantis, and that this man whose body I was in was another incarnation of mine in Atlantis.

*Energy field and editing out some experiences*

The next part of this experience was interesting to say the least. As I tried to see what was in my surroundings and to delve into the experiences of this incarnation some more, I began to gradually feel heavy energy that grew heavier and heavier until it felt almost tangible all over. It felt like an energy field. I was unable to perceive my surroundings as well as I have done on this exercise in the past. It then occurred to me that I was not being permitted to know all that was going on with this incarnation. Later on, this energy field subsided and before I moved on to a future period where I experienced something significant with this incarnation (part of the exercise), I saw the head and body of an alien-looking humanoid. The head was vertical and cylindrical. The eyes looked large.

*Bondage and torture*

During the next part of the exercise, I appeared in the future scene that is part of the exercises on this take home CD. Here, I had both my hands bound in chains, with the chains attached to a wall behind me. I later saw two red eyes that looked quite evil. It was clear to me that the incarnation I had just entered was about to be tortured and that I would die there. The final image I got from this experience was being in the cosmos as consciousness and then a sense of moving towards the Earth.

Since many parts of this experience were energetically edited out, I wonder why I was made to experience this incarnation at all. I was told that I learned hate from this experience. That it took place in the Pleiades. Throughout the episode, I was patient with the higher aspect of me which I knew had some issues to resolve by reliving this incarnation. During the experience, I felt strong pain in my left knee and lower leg, and later in my left rib area, inside. At the end of the experience, the pains were gone. There was no energetic residue. The field/shield was clearly intended and may likely have been intervention by a higher aspect of myself.

At the end of it all, when I sent out a wave of gratitude, I felt stronger energy waves coming my way. This was a fulfilling experience.

## 7.30 Experiencing a hurricane; cave with many portals

*Friday, July 12 2005. NYC. Start – 8:10 pm, End – 8:39 pm*

While listening to resonant tuning and charging up with my double terminated quartz crystal, I began to slowly phase out of the physical body. This happened after tunnels began to form in my perceptual field of vision.

At first I appeared in front of steps leading to what looked like a cave with an old looking and fairly large entrance. The entrance looked almost as if it would swallow me in. It was an entrance of sorts! Could it have been a portal? I got 'swallowed' into this place and soon found myself in a space consisting of portals linking one place into another, like Swiss cheese. I made my intent clear to leave this place.

Soon I was once again in front of the steps, this time looking away from the cave. I saw a hurricane in the distance. I have never been inside one so I flew above it and into its middle to find out what I would perceive. I kept thinking about 'nature forces' and 'water spirits'.

I then found out that I was in space in a spaceship, observing small, short robot-like beings with large eyes. They had devices on board, one of which looked like a satellite dish. I then realized that they were messing with the weather using their devices.

I returned to the steps and saw many more hurricanes – 3 or 4 of them. I also found out I was being guided to see all this. When I asked who it was that was trying to interact with me, I got the image of a room, like a board room with chairs around a table but no one sitting in the chairs (the room was empty). Was this representing a council of some sort? The head chair was pulled slightly away from the table.

## 7.31 Electronic NET over London?

*Friday, July 12 2005. NYC. Start – 12:11 pm, End – 12:42 pm*

This afternoon, I tried to visit my relatives in London. I usually don't project in the afternoon. However, I thought it would be fun to give it a try this time around. First, I performed some energy exercises. I cleared the space in my room. I then absorbed some energy from the water element (getting this energy from the Iguazu waterfalls in the Amazon region of Brazil). I also absorbed energy from the Gobi Desert region and from the Sun. I allowed the energy to seep through me slowly.

Next, I worked to install the vibratory state, moving energy up and down my physical and etheric bodies, slowly, to achieve the effect. Slow movement of energy seems to achieve the best effects.

It was now time to attempt to get out. The vibrations increased in and of themselves, and even thinking about speeding up the process of installing the vibratory state didn't seem to help much. I had to focus on the major chakras and to use my astral hands to open them. Also, imagining energy rush down from the base of my spine to my crown chakra produced some more energy. As I focused on being in London, my heart chakra began to activate strongly and I perceived "the tunnel" in view.

I consciously focused on producing a calm and slow exit as my physical body was giving signs of producing some resistance. Getting out occurred in spurts, as another tunnel came into view. Soon I found myself over London and to my surprise there appeared in view a cloudlike formation above the section of the city I could perceive. As I descended into this formation, I perceived what appeared as a net formation made up of entangled cords that interfered with my descent. The cords were all the way down to the entrance to the place where my relatives live. This entire scenario turned out to be such a surprise!

While at my relatives' place, I seemed to have some trouble perceiving all that was about me. Lucidity was rather low. There was a lot of darkness in the field of perception. After a while I decided to whip over to France to see how M was doing. Once I got there, I seemed to perceive some strong emotion coming from M. I wonder whether M knew I was there or not. I shall call M up soon to find out about this.

I also made another trip to Mac to find out what S was up to. I perceived S to be behind the computer busy with online chatting.
I then decided to experiment with astral sex before getting back into my body. I went up (away from the surface of the Earth) and
screamed (astrally) "ASTRAL SEX!" Soon I began to feel some weird sensations around my chakras, heart chakra mostly. The thought of being depleted (energetically) didn't go down well with me so I abandoned this pursuit and returned to the physical body.

## 7.32 Visit to Nibiru

*Wednesday, July 17 2005. NYC. Start – not recorded, End – 10:42 am*

Wednesday morning. As I awoke from a lucid dream, still in the hypnopompic state, I decided to shift awareness out of my body.
This was largely due to the events of the previous night. After watching Flash Gordon and his adventures on Mongo (I think Mongo depicts Nibiru) I decided to pay this artificial planetoid a visit, since I'd never thought of doing so in the past.

At first, I decided to go the 'high way' before Nibiru -- first to focus levels 34/35, then to focus 42. It was my intent to explore this planetary body in my 'third body' (mental body) so as to evade the chance of being discovered.

I found many interesting things on this journey. One was that the planetary body has some sort of energy field around it which only allows entry through certain points around the planetary body. There are several interesting looking civilizations there, and many times I felt that perhaps I might have been discovered. The one thing that surprised me the most was seeing a music device that looked almost identical to a piano! I also saw some great halls, so large that beings walking up the stairs into the halls looked miniscule. Once again, becoming aware that I was switching from dream to conscious projection caused a loss in lucidity, although what

lucidity remained still felt sufficient and was more than I usually get when projected.

## 7.33 Journey into my Higher Self

*Sunday, July 21 2005. NYC. Start – 1:00 am, End – 1:34 am*

This trip was perhaps the most amazing one I've had yet. And also the most definite/clear in terms of sensations. Going into the
HS was clear, almost effortless. Being inside was also clear and definite, and the return to the physical has been the clearest yet. I am not emotional or hysterical, just incredibly calm. To the point where I do not even know what to do with myself.

While inside, I realized that I didn't know what questions to ask and what not to ask. There was a lot on my mind, including recent thoughts about the Starlines program and the NET that I saw around London, that may also surround other major cities. With Starlines, I was told that the situation was "unfortunate".

This may imply that my fears turned out to reflect true events. With the NET, I was told that there's "nothing to worry about". I also felt something being inserted into my energy body around my heart? Other work was done on my astral/energy body. I made it clear that I was most interested in completing what I came here to do, that I needed all the guidance available to do this. I asked if there was any other information that I could contribute to the writing of the book Matrix 5 Gold Vol 3, and got back "it is not part of your path".

Before leaving the HS, I asked for help during these difficult times. I tried going past F-27 but was returned to the physical body. The return journey took the form of a falling sensation, then once again I perceived some energy. I also got a distinct image of a very large bird. I was 'riding' on the back of this bird.

I am really fortunate to have gone to the very source of information I needed. There was much on my mind and I intended to find answers tonight. Before getting out of body, I had to work hard on my body/energy. First, I performed fractional relaxation, then I opened up my chakras (crown -->base) by mentally singing/humming at them to shake off the heavy energy. It was only after the crown chakra opened that I began to sense the interdimensional wormholes. Upon activating other chakras, I experienced more "amorphous tunnels". All this was in focus 10. I then thought to access focus 12 and then try to access the HS. Once in focus 12 things began to happen fast. The "tunnel" quickly appeared and I went in, with little resistance from my body. The sensations were definite.

Now that I know I have "nothing to worry about" I will focus on receiving all the information I need to complete the requirements
of my path. Thanks!

## 7.34 Trip to higher densities

*Wednesday, July 24 2005. NYC. Start – not recorded, End – 12:55 am*

The aim of this trip was to explore the higher realms without using the services of Voyager 8. Also known as V8, it is a multidensity craft (i.e. made of light energy) that one encounters in the Starlines program at the Monroe Institute, when exploring beyond focus levels 34/35.

Before getting out of body, I performed standing meditation, while listening to the resonant tuning track. It's been a while since I did qigong. The energy fields around the physical body were pretty strong.

Getting out didn't take very long. Fractional relaxation helped a lot when it was time to get out, and the physical body was fast asleep. Moving out was slow and I experienced no problems at first, but at the point of separation, I suffered a slight bout of "breathing problems" and almost slammed back into the physical body. I got into the tunnel, with Focus 27 in mind as the destination.

Because I experienced slight breathing problems, I initially encountered some distortions while in the tunnel. Upon arrival in 27, I found that I was floating above ground with what seemed to me to be trees below. I focused on my special place as I wanted to get my third body out to use to get into the higher realms.

Separating the second and third bodies proved to be a bit tasking at first. To mitigate this difficulty, I focused on becoming a small ball of energy. I also focused on leaving my special place and rising slowly into the higher realms (didn't use the "sling shot" technique to get beyond focus 27 this time, as is used in programs at TMI). In order to get to focus levels 34/35, I simply said the numbers almost silently in my mind. Slowly I began to perceive a change in the environment. I perceived my physical body less and less as I entered the fifth density. At this level, perception suddenly expanded, so much that it became unbearable.

I should point out that at focus levels 34-35-36-37, much of what I experienced was hazy in terms of lucidity. At focus levels 37/38, I perceived what appeared as a solar system. Not knowing what to expect, I went over to do some exploration. Many perceptions from this experience are difficult to remember clearly now. There was some sort of lifestyle at this place on one of the worlds. I wasn't sure which planet I was on or indeed what kind of heavenly body I was on.

As I continued on to focus 42. There, the energy changed. Something really interesting happened. At focus 42, I suddenly got sucked into a wormhole, travelled for a while and then I appeared on the other end of some place. I had no idea where I was but I was nervous and could feel nervous energy. I had to smile to calm down. The place I perceived is hard to describe. It resembled the location with many tunnels described in a trip on July 12. It was like a maze, but not necessarily so. I perceived that not all the beings here were friendly. I sent out a request to meet a friendly positive or balanced being.

Soon I perceived an energy field that I first thought was another wormhole, but it wasn't. The being that appeared was interesting. We interacted and

shared some information, however what I can remember of this interaction was getting the idea to meet beings who use emotional energy to construct structures. This idea excited me. I set off to focus 46.

Excited and eager, I arrived at focus 46 broadcasting the intent to experience the use of emotion in creating. I somehow thought to myself that I should be able to handle what came my way. I perceived a number of beings, but not as clearly as the being I had just interacted with at focus 42. Next, I perceived some information coming my way. The information looked like energy fields. The first experience was emotional. All kinds of emotional expressions. I put on a bold face to take it all in.

Next came visual stuff. First thing perceived appeared as a warehouse. I thought I may be in the wrong place, then I realized that I was probably experiencing the information in the energy package. There were more images. One interesting one was a violet-white, straight beam of light flashing 'across the sky' towards me. It had what appeared to be a spark at the leading end, and it seemed to be growing as it edged closer. I was looking at it 'from above'. The beam seemed to be going from north to south as I perceived it from my location.

Once this experience was done, I decided to make a final trip to focus 49 to possibly find out if I could collect some codes to have fun with. This time in 49 the energy was really strong (actually, it always has been), my entire physical frame was shaking. I came into the presence of a being (or a number of beings?). I could only perceive a presence, but no form. I felt a bit awkward requesting codes to use during these endgame times, since a part of me wants to experiment with physical body transmutation into other places. However, another part of me knows that the codes will be used to enhance the graduation process. I got the message, "you are brave, my son". I have NO idea what that means or is supposed to mean.

During this time at focus 49, my physical body was really suffering. It was vibrating strongly and my breathing was beginning to get erratic. I wanted to get back to other levels as quickly as possible. I stayed for a while, waiting to see if any possible information will come my way from the being(s) I perceived. Initially, nothing came. However, after persisting for a

while, and getting the physical body to suffer a little longer some info came through just before leaving.

At focus 42, the physical body was still shaking and breathing was erratic so I quickly shifted awareness to focus 34/35, then to focus 27 (special place). Once here, I decided to run the rotes/information I got from focus 49. I re-entered the second body with the third, 'stood up' and felt some energy go through my second body. I saw myself as a bird being? With wings?!? I tried to shake these off, but they wouldn't go away.

Then I made a trip to the library to collect information on codes. On the way I still tried to shake off the new look, back to regular human. It just wouldn't go away. Later on, I socialized a bit and then returned to my physical body which was fast asleep while I returned. I had no desire to wake up just yet, as the energetic messages from the other realms began to enter the physical body some more. Fun trip!

## 7.35 Higher Self Q & A session

*Sunday, July 28 2005. NYC. Start – not recorded, End – 9:25 am*

Lately I've been trying to decide whether to quit my job to pursue a tour guide program in August or whether to remain at my place of employment and rather take the tour guide program in November. After a short nap, I went through a quick preparatory process and then accessed focus 10. I thought about my crown chakra and instructed it to 'connect'. Slowly my perception began to change as I changed focus and journeyed through the wormhole into my Higher Self.

Once in, I perceived a state similar to one I had perceived before. It felt like a super-expanded state and I felt a great calm. Not long after my entry, I heard something like, "what is it?" I explained the current situation, that I was looking for advice as to whether to attend the tour director program in August or in November. I quickly got some strong preference for August

however I didn't get much information in the way of what may happen to my visa or my stay in the US.

In a state of doubt, I asked more questions in the "what about" format. I even began to doubt who I was speaking to, so I asked
the question, "who am I speaking to?", to which I got the reply, "you". So, I guess I was speaking to myself, as my Higher Self. I then tried something else. I decided to remain quiet and listen to "the source from my Higher Self". There was some calm, then I asked the question once again. This time it was indicated that I should attend the seminar in November.

This other voice was much calmer/softer, that I thought that maybe there were different voices in my Higher Self, that I was communicating with so then I began asking more questions and getting more November-type answers. So, then I began to wonder about the entire Q & A thing. Maybe I was being told now what I wanted to hear? I wasn't sure, so I started asking other questions. I asked if Matrix 5 has been useful to me and to my Higher Self. I got a simultaneous 'yes' and 'no'.

At this point, I began to get a little frustrated so I started asking many questions. Had I been reptilian? Of the bird race? Pleiadian etc. To all these questions I got a 'yes' so now I was quite frustrated and I thought to myself, "Trust in your Higher Self, eh!" This is bullshit!

So, right there and then, after thinking this, my field of perception began to change and I found that I was being sent back to my body, or in any case losing one state of awareness, being returned back to C-1 normal waking consciousness. I realized then that I had behaved immaturely and disrespectfully or acted in a way that I shouldn't have. I quickly tried to say "thank you", however I found myself back in normal waking consciousness and almost laughing slightly at what just happened. I had been sent back. I'll try to access my Higher Self once again tonight.

(Update). Later tonight, I went into my Higher Self presence once again. This time I experienced lots of heart chakra activity. I received a huge rote ball. This time I didn't ask many questions, but simply wanted to listen. Once again, I was told "not to worry."

## 7.36 Astral encounters and Earth Core focus levels

*Sunday, August 07 2005. NYC. Start – after 9 am, End – 10:00 am*

In the spirit of testing a new visualization technique to induce astral projections, I sought to explore parts of the Belief Systems Territories. First, I went through the preparatory process, which included fractional relaxation and imagining heavy energy leave my body, with a glowing gold shell remaining.

The first stop I made in the Belief Systems Territories was at a Nordic place. I perceived much drinking and celebration. At the entrance to this place, there was a tall and large Nordic warrior who seemed to be asking me to "show my papers". I presented him with something, however he was not satisfied. So, I then intended to present him with qualifications from Odin himself, or perhaps from Thor.

Upon doing this, I saw that the guard (who had a long beard and strong eyes) was in awe of me and actually began to bow down to me, on his knees. Others did the same. I told them to get up. I wasn't interested in any of this, only just to explore the area. As I kept walking about the place, I discovered that most of the beings I came across were much bigger or taller than I was. At one point I imagined myself as tall or taller than one male inhabitant I met.

Soon I was ready to leave this place for other adventures. I thought about exploring the Ashanti region of the Belief Systems Territories. It occurred to me to find "Okomfo Anokye", the famous Ashanti shaman who was known to have brought down the golden stool, the symbol and soul of the Ashanti people, down from heaven (manifestation) during a festival. When I got into the presence of a being that represented itself as the priest, I could feel the energy of the being, and also realized that other beings (probably other fetish priests) were present. He (or whichever being was impersonating him) was sitting on a chair with two or three other priests around him.

I began talking about how I'd travelled from the future to come find him, and how the culture of the future had changed much. That I was interested in learning more about the old ways. Somehow, I knew the guy or some of the others present were scanning my energy field. He mentioned my name, Kwame, and we began a conversation that did not last too long.

Before long, I found that some energy had scanned me and found that I was did not like snakes. So, the energy projection turned into a snake and began to attack me. Immediately I knew that this was a psychic attack of some sort, and I knew exactly what to do. I began to burn myself spontaneously and could project fire to burn the snakes. This was really cool. It was like I was burning but not really burning. Then more snakes appeared. I decided that it was time to display some powers of my own. Remembering how Moses destroyed the Pharaoh's snakes with his own, and thinking of Harry Potter, I conjured up a birdlike creature similar to the one from the third Potter movie and ordered it to defend me against the snakes. Many snakes descended upon the bird, but it fought them off and drove them away.

I thought about psychically attacking these priests in retaliation for this behaviour, but something from within stopped me. I knew I could defend myself from whatever they threw at me. I didn't have to hit back unless in defence. It occurred to me that these priests were not Okomfo Anokye and his group, but perhaps other beings masquerading as him. It was time to leave. I had to return to c-1 since I couldn't make it to focus 27 after this encounter. Upon the second try after returning to c-1, I went in the opposite direction, to explore the Earth Core (EC) focus levels.

The first interesting destination was EC-21. Here I felt I was really out of body. In EC-24, I met a group-mind entity. This was my first time at this level. The entity appeared formless or amorphous and as I communicated with it, I could hear an echo of voices, or several sounds, it seemed. This entity wanted me to give it the emotion a mother has for its child. Since I don't have any children of my own, I thought about my Higher Self and projected what was a similar emotion. After it processed (more like consumed) the emotion, it wanted more. I then gave it more. At one point I asked the entity to show me what it does (its function/purpose) whereupon

it became aggressive and assumed the shape of a large but still irregular-looking animal. I got the impression that it was probably unwise to ask the animal to show how it does what it does. I left for EC-25.

EC-25 is where I first found human-like beings and also animal-like beings. Some were very playful and I played a whole lot here. It is easily a favourite place of mine, and I intend to visit again to play with the fun little elves. EC-26 had many beings that looked part human and part animal, such as centaurs and satyrs and such. I figure these may be devic spirits of some kind. EC-27 has some of the most advanced forms of planetary consciousness. I realized I had been to this area before. My goal this time was to find out how to go beyond EC-27 and to find out what was "in the beyond". So, I focused on getting to focus EC-34/35. In a moment nothing seemed to be happening. Then there was a change in perception and there I was in a place of silence. I couldn't see or hear anything. The energetic feel was gentle. I also thought to venture to EC-42 and EC-49. While trying this out I heard the word "remember" repeated many times.

From here I slowly returned to c-1, going through EC focus levels 42, 34/35, 27, 21, 15, 12, and 10. It was a good trip.

## 7.37 Meeting Bosomtwe lake spirit

*Wednesday, August 17 2005. NYC. Start – 10:15 pm, End – 10:45 pm*

It's been a while since I ventured out. On this occasion, with the help of resonant tuning and charging up with my quartz crystal, I managed to speed the process leading up to separation. It seems that getting out with the aid of the quartz crystal charging process is much smoother than without it. The energy field around the physical body was well-built and the separation had a definite feel to it.

In order to get out, I focused on the region around the Earth, the rings of the Belief Systems Territories to be exact. What surprised me was that I

actually did get out of this region, however the first perceptions coming to mind were of astral craft positioned around the planet.

My purpose on this trip was to visit specific Earth core focus levels, so I turned my attention to that. Before proceeding any further, I thought about visiting the lake spirit and Earth entities of Bosomtwe, which has been such an important lake in the myths of the Asante people of Ghana. I recently read about it. It is rumoured that a spirit lives in the lake.

Being weary of nature spirits and forming a clear intention not to interfere with the work they do in their realm, I focused on the lake, its spirit and the other nature spirits in the vicinity. The meeting with this nature spirit was most interesting. It did not happen at an Earth Core focus level. In the beginning, there were no visuals. I felt the strong presence of beings and communication was not a problem. Bosomtwe and I had lots to talk about relating to the legends of the Asante people surrounding the lake entity and its role in their history. In particular, this conversation regarded the assertion that the lake entity had impregnated an old woman and thus created one of the Asante lineages.

I also mentioned the legends of King Arthur, the Lady of the Lake and Okomfo Anokye since a parallel myth exists for both the Asante and the Celtic people in Britain. Bosomtwe and the Earth spirits didn't like that I mentioned Anokye, perhaps confirming my suspicions that this shaman had in fact been of the negative polarity and had perhaps misused the power of the nature spirits, but I am not sure about this.

Finally, I asked Bosomtwe to send me an image and what I got was a vision of an intelligent and 'proud' Water spirit...It was pretty impressive to me. I then left to play with the lesser spirits in the vicinity.

July 2008 addition
Lake Bosomtwe is found in the centre of the Ashanti region in Ghana. The lake’s contours are somewhat circular. All indications are that the lake was formed after a meteor hit. It is located in a thickly forested region. The villagers around the lake are not allowed to use any metal objects while on the lake. So, they don't use metal fishing hooks. When fishing, they use

woven nets instead. They don't use boats with metal. In fact, the old way to travel across this lake is to lie on a log and paddle with hands, or to swim across unaided.

After Okomfo Anokye brought down the golden stool and made Osei Tutu the king of the newly united Ashanti (Osei was of the falcon clan) he stuck a sword into the ground. To this day, the sword is on display outside the Okomfo Anokye General Hospital in Kumasi, Ghana. No one seems to be able to remove it, not even with the help of hardware such as a truck. One theory is that it is held there by elemental forces, since this medicine man was a master of elemental magic. In this respect, there are some similarities with the English wizard Merlin and the legend of King Arthur's sword.

## 7.38 Pulling out other astral bodies to interact with

*Wednesday, August 22 2005. NYC. Start – 8:50 pm, End – 9:16 pm*

This evening I have been working on mental concentration exercises. As I focused on the sense of taste, I tried to produce a bitter taste in my mouth. With some effort, it was possible to focus on this bitter taste sensation in order to drift deeper and deeper into an altered state of awareness. While practicing this concentration exercise, I was simultaneously trying to maintain consciousness and lucidity levels. I was lying on my back.

There was some music coming from my neighbour's apartment that interfered with concentration. I began to experience the sensations that are present at the onset of an OBE. In an instant, an idea popped in mind to try floating above my neighbour's apartment to find out what was going on in there. This idea was dropped because I next sensed something private going on. It was best not to go snooping around.

Next, I found myself floating above Eerie street, going down the road. I quickly realized that I had phased out of body during the process. I found myself on top of a building with statues of gargoyles on it. I next thought of my father. He should be sleeping right now. I could go over in order to pull him out of his body for a chat, to see if he remembers anything. This is an

idea I got from the book *Astral Travel* by Gavin and Yvonne Frost. It was one of the first books I experimented with back in 2003 when I first started learning how to project out of the body.

After getting to my father, I realized that he looked much "younger" in his out of body state. He was also wearing spectacles with a dark rim. We had a brief chat, during which we discussed how long it's been since we actually had a chat (in normal waking consciousness). We talked about other stuff as well.

After this, I thought about finding out what S was up to. I found her in a large room overlooking clear, continuous windows. I thought that she was probably helping out at this place to arrange stuff. It seemed that she was on a high floor of the building and was helping to arrange metallic objects of some kind. I tried to figure out where she was and got the indication that the place was in Canada, but something in me doubted that was true.

I then got the idea to project to a time when she'll be asleep in order to try pulling her out of her body so we could have a chat. I did so. She looks quite nice out of body. I tried to give her a kiss but instead she pulled back and so I instead gave her a hug. Then I told her to try calling or emailing me when she got a chance. I said this twice. She nodded, almost to say that she would, I thought. At this point it seemed an appropriate time to leave.

Re-entry was quite simple. I entered with a slight jerk, which was accompanied by breathing in. This journey was over. Since I lost more body awareness during this trip, the visuals were better than in some of the previous trips. It would be good to try out this concentration technique a bit more, in the future, as a means to getting out of body.

## 7.39 Library on focus 27

*Thursday, August 23 2005. NYC. Start – not recorded, End – 1:46 am*

Two trips in a single night! After falling asleep while doing a concentration exercise I tried to reach the sleep state again. Due to noise (discordant

music) from my neighbour's apartment, I plugged my ears. It then occurred to me to try projecting out of body once again. I wanted to produce the "amorphous tunnel".

After lying in bed and focusing on the tunnels, they failed to appear. It was only after doing some resonant tuning and reaching the vibratory state (concentrating on inner sounds) that the spectacular tunnel appeared. I find that I've had to re-learn this of late, thus realizing the importance of the vibratory state.

Getting to focus 27 occurred in two stages, which actually led to two tunnels forming. During the first stage, only part of my astral apparatus disengaged from the physical. I could “see” the library and perceived people at the entrance standing in front of it. Then came the second stage where a complete separation occurred. Even at this stage of doing out of body journeying, after having separated from the physical body a number of times, I still experience some breathing problems. I asked for guidance and help during this trip, to help with the separation process. The physical body was barely under control as I got into the tunnel. Getting into the tunnel has a unique energy feel to it.

At the library, I practiced "rote receiving skills". The topic on this occasion was "current affairs on Earth". I also did a “question and answer” session with beings there, and got some answers. Finally, I practiced working on overcoming breathing problems. Being able to control breathing during OBEs seems to greatly increase lucidity. Re-entry occurred with a big gasp. I noticed that the intracranial sounds decreased while out and increased upon re-entry.

## 7.40 Inner Earth beings and communities

*Thursday, August 23 2005. NYC. Start – not recorded, End – 3:10 am*

The third trip in one night! This is unprecedented. The focus is still on the theme of concentrating on the senses. I focused on smell as I gradually lost consciousness. I also used a visualization technique which entailed falling

slowly into deeper water while watching the reflection of light on the surface, from below. The initial intent was to drift into sleep using this technique.

I soon came to think about underground rivers mentioned in Credo Mutwa's book *Indaba, my Children*. I imagined being on the banks of one of these rivers, tasting the water, smelling the air and listening to sounds. Since I was in a rather meditative state the last couple of hours, it didn't take long for me to get out. I soon began to follow the course of the river. It would meander into dark places that all looked like caves with stalactites and stalagmites found all around the environment. I set intent to travel down the river. It became clear then that part of the river branched off into what looked like a waterfall, which poured into a larger water body. I was quite excited to see this and I immediately began to glide over this larger body of water.

It was a bit weird to find translucent beings following me as we each moved over water at top speed. It felt like being chased. I stopped and sent out a mental image saying that I meant no harm and should not be chased. After this, they left.

Next, I intended leaving the water body in order to be on land. I came across quite a number of creatures in what appeared to be a forested region, some of which I'd never seen before. I was not sure whether some of these were animals or elemental beings of a complex nature. Some looked mythical, like a human-looking creature with hooves common among deer, goats etc. Another thought that comes to mind are that these creatures derive from the various genetic experiments which have been carried out on this planet in ancient times (e.g. in Atlantis), where human and animal genes were mixed together.

More surprises were yet to come. Again, I broadcast the intent to have a spirit being guide me through this realm. I wanted a being that had enough intelligence for us to mutually interact usefully, and at the same time one which would enjoy making a trip together. As has happened often in these realms, a large birdlike being appeared. Its head looked like that of a pterodactyl? It seemed to have an expression of slight scorn on its face and

I imagined it to be an elemental being of some kind. This creature will later show that it had the ability to morph into humanoid form and back into bird form. Communication was non-verbal.

The creature, whose name is unpronounceable (in the form of sounds made by a bird) simply rose into the air and began to fly, with me on its back. I was clearly in astral form, and it would seem that this creature was able to perceive me as well, so it was not acting without consciousness.

The first destination we arrived at was a complete surprise. Deep in the woods, this place resembled a small community of Indigenous or Native people. In fact, they looked like Native Americans or Indigenous Indians in general. They were dressed in simple, full clothing and seemed to live a simple life. They seemed not to notice us. There were men, women and children. Their habitat looked simple.

From here we stopped at another community that seemed really peaceful and quiet. It had the feel of a monastery to it, like a monastic locale one might find somewhere in Asia. This place was however not a monastery but a place where people seemed to live normal lives. There was an open courtyard with buildings around it. This courtyard was not at all simple. It had abstract, geometric structures in it. The ground was also not level. Some parts had square-like depressions and other parts did not. In fact, the whole place looked like a habitat for an alien community. Everything was very quiet and slow. There were also some big trees around this place, which was probably also in a jungle.

The next stop was a full-scale city that looked like it came right out of an alien world. My tour guide left me in the outskirts and I had to go in on my own. This must mean that the creature could be detected here, unlike at the Native place? I fashioned myself in a simple flowing gown, in case anyone here might manage to detect me, and I moved right into town. The beings here were human looking, perhaps an alien colony or station of some kind. The building structures looked like futuristic sky scrapers and everything was neatly in place.

At one point during this journey, I took a break from the OBE to "stretch out", and I later returned to this world and to my new friend. On the second visit I perceived a being who immediately referred to me as "ambassador." Why? I found it interesting that I was able to communicate with this being. I asked the being if he could ever come to the surface, our world, and I was told that that was not allowed.

The next stop after this alien world was also most interesting! I happened upon a bunch of ape-looking, Sasquatch/Yeti-type humanoids who could actually sense me! And they could also communicate through their minds. This was somewhere back in the wild, although the place we had met at looked like grasslands facing a jungle. These apelike creatures communicated that I was not welcome to explore their realm/abode. It was around this time that the bird creature that served as my guide morphed into a humanoid being, which is why I suspect that it was probably an elemental. I asked where else I could go to explore and one of their kind pointed up toward what looked like mountains. So up we went. It seemed like forever getting up there. There we found a cute city supported from underneath, having the image of a disk resting on a cylindrical column. Again, this place looked futuristic, although I don't remember all the details now.

After this visit I asked my guide to show me something fantastic, and totally surprising. The result of this request was no less than the demand. The final community I visited was populated by giants! I could not believe it. They were giants in the sense that they were larger than most common human beings, but not outrageously large. Maybe 15 feet, or less. Their community was not as technologically advanced as two others I have mentioned previously, although I'm pretty sure I saw enough to indicate a technologically based society. Among these was a device that looked like a huge flying saucer. I could describe these people as "tall white men". Interesting community.

September 2019 addition
A couple of years ago, after coming into contact with Corey Goode’s materials and other sources, I learned that there are giants that live in the

inner earth with some advanced technology. Go figure! In 2005, I was not aware of this.

## 7.41 Diary at abode in focus 27 and nature spirit friends

*Monday, August 29 2005. NYC. Start – not recorded, End – 4:22 am*

I thought it would be fun to create a diary much like this one I am writing in, only that the new one will have notes and entries from various dated times in this current incarnation. I would review these once I depart from physical life. While at my special place at focus level 27, I also fixed my holographic computer (made it look more like a crystal). I then made a trip to the library to collect some information on Franz Bardon and Michael Winn. I made a trip to Earth Core 27 and upon returning I collected library information on nature spirits and their organization/hierarchies.

A tunnel appeared while I was in my hammock and I got transferred to Earth Core 27. I sent out the intention to avoid interfering and to instead observe the happenings and perhaps meet old friends. One blue being/spirit I met wanted to make out, but I wasn't sure that was a good idea. Another being that looked like an 'ent' (tree beings from *The Lord of the Rings*) joined up on my right hand and we both participated in a 'handshake' that should have been foreign to me but I somehow knew how to do it. This being was so happy it ran around joyfully! I met some other advanced nature spirits whom I expressed my gratitude to, for having contributed to my experience of life on this planet.

At Earth-core 25 I wanted to meet and play with the fairies and others who I'd met during a previous visit. Before I met them, I perceived the presence of a menacing-looking being, so I guess Earth-core 25 is not only populated by happy nature spirits.

## 7.42 Visit to pulsar at the Crab Nebula

*Wednesday, September 07 2005. NYC. Start – not recorded, End – 4:23 am*

I woke up abruptly after a night filled with many dreams. Yesterday I read about "Project Blue Beam" and I suspect that reading on this subject affected the contents of my dreams. After waking up I noticed that there were voices in my mind which I did not recognize as my own. This will not be the first time I've come across voices in my mind, however this time, things were different. In the past I've observed one voice interacting with another, for instance. This time the voices attempted to interact with me.

Knowing that I could blow these voices away whenever I wanted to, I decided to observe the voice for a while. It occurred to me to avoid taking the unnecessary chance of leaving my mind open to any possible intrusion. I've only recently learned to eradicate thought forms using visualization and sound to disintegrate the holographic construct of the thought form, thereby reducing it to pure energy. Without wasting any further time, I cleansed my aura and bedroom of thought forms while focusing on producing the amorphous tunnel that precedes getting out of body. After visualizing intense gold light engulfing the entire room, the tunnel appeared almost immediately. I then focused thought on traveling to focus 27. Actually, one tunnel initially appeared, to be followed by another. Traveling into the tunnel has a unique energetic feel to it. At focus 27, I appeared in a place with lots of people.

The next stop was my special place, where I made a journal entry with a date and then "jotted down" some recent thoughts. Next, I got positioned onto a flat surface and decided to get into the third body to travel beyond focus 27 into the higher focus levels. Up to this point the physical body had cooperated well and in fact getting out I experienced few problems with breathing this time round. It felt as if my physical body was held down, firmly in place. I thought that maybe I was receiving help from some entity, however another possibility is that a well-constructed field of energy around the physical body resulting from pre-OBE energy manipulations is what created this feeling of being held down. Using a quartz crystal to charge up (in previous experiments) actually aided the take-off process and helped reduce problems.

Back at my special place in focus 27, I imagined getting into a small round ball of energy as I travelled to focus 34/35. The feeling present during this

trip was one of being far away from the physical body. I thought about being in the vicinity of my Higher Self, although there was no intention to enter.

Then I thought about making a trip to a pulsar to learn more about these stellar bodies. I was not sure on which focus level to access the pulsar so I decided to go by what guidance provided. Again, this trip felt like being in a universe away from the physical body. It is a most comfortable feeling to be this far away from the physical body. The being that I met after sending out a request for communication (once I reached the pulsar) only gave its name/purpose as 'sentry'. It gave congenial answers to my questions. I asked what the purpose of the pulsars was as far as their relation to the galactic core is concerned.

The answer was that they helped carry large amounts of information from the centre of the galaxy. I asked about the use of pulsars by other beings for the purposes of traveling from one place to another (pulsars as gateways) and was told that this occurs. Finally, I asked if pulsars play any direct role in the graduation of planet Earth and was told 'no'.

Then, without warning I began to return to the physical, as if the return was deliberate. The being 'sentry' projected a message that sounded like 'it was adventurous of you to travel this far'. This was an interesting encounter. I wonder if I was guided on this trip in the background or not.

## 7.43 Searching for answers on my life purpose

*Thursday, September 15 2005. NYC. Start – 6:02am, End – 6:49 am*

Lately I have been thinking much about what it is I am meant to achieve in this life incarnation. Upon waking up early this morning it occurred to me to try asking other aspects of self. After a brief period of relaxation, I accessed the focus 10 state, and then the focus 11/12 states, where I merged into the consciousness of the body. The question was clear: I sought information useful to me at this time about what it is I am meant to be doing here, in this incarnation.

There was a brief period of phasing deeper and deeper into the body awareness, then a quick phase entering into rapid eye movements. Next was the appearance of "the tunnel". I soon found myself in a different space, but I was not to stay here long. Very soon I returned to the space of focus 12 with a feeling of much calm, but as if nothing had happened. I may have received information during this journey that could be of use to me in answering questions about life purpose. There were images of what seemed like army gear. I wonder how useful this information is. I also got a clear message that I would have to figure out for myself why I was here.

From here, the trip continued to focus level 27, where I lay down in my place and interfaced with the holographic computer (a construct I use to aid in the processing of information). The theme was still to find out about my life purpose. I could see holographic images going back and forth between the computer and myself, this was cool.

I then projected into the mental body. This occurred by transferring the focus of awareness from the astral body exclusively into the mental body, a spherical body which formed over the astral body. And it worked! So perhaps this is a new technique I can use again in the future?

This time round the first destination was to travel back in time to experience me at a time when I was very young. I projected back to meet a younger version of myself. I was quite surprised that a child so young could possess the ability to communicate at my level. Or perhaps I was communicating with an unconscious aspect of this child? It seems I was there to convince the child (myself) not to be a loner, but to interact with the other children and other people. It was quite cute seeing this child in shorts and a shirt.

I was then asked something about San Francisco, which completely surprised me. Was this related to my intended trip there, or was this related to something else? All these questions happened in broad daylight. I then left this child and appeared in in Lower Hill, at another time period, but I was not sure when, since I do not remember interacting with anyone.

The final trip took me to meet a completely new aspect of self. This guy appeared as tall and was wearing a long robe-like attire. He looked like he would be in his mid-thirties, possibly early forties. I thought that perhaps this guy would represent an older or more mature (incarnation-wise) aspect of myself, or perhaps I was experiencing a future aspect of myself. Again, I tried to find out what I could about my purpose in this incarnation and again got images/information pertaining to military or war. I wonder why. After this last meeting I thought that I had had enough, and returned to the physical body with a gasp.

## 7.44 Visiting two beings whose sigils I drew

*Thursday, September 19 2005. NYC. Start – 5:05 am, End – 5:45 am*

I discovered yesterday while perusing the diagram pages of Franz Bardon's book *The Practice of Magical Evocation*, that I had drawn (automatically) part of the 'sigil' (seal) of a 'being girdling the zone of the Earth' at an earlier time. This came as an unprecedented surprise and it occurred to me that perhaps some of the other drawings may be signatures of other beings I'd previously visited.

This morning as I lay in bed, I thought about projecting into focus 27 to make a diary entry and then to visit these beings. Getting out of body took a surprising turn. First, I tried using focus 10 as a platform from which to project, which is one of the techniques I use. When I tried using the technique this time around nothing seemed to be happening. I returned to c-1 (normal waking consciousness) in order to make a second projection attempt. I stated the affirmation used during the Exploration-27 program at the Monroe Institute with some personal modifications and this time the tunnel appeared. I only projected the mental body. The first being I met was the one in PME who is described as girdling the Earth Zone. I got confirmation that this being had worked with Bardon and was told I could make contact in the future for the purposes of "knowledge".

The second contact also came as a surprise. This is for the sigil that gives the strong signals when I look at it. A tunnel appeared, then another,

suggesting that this being is not of the Earth Zone. I then got the picture of a bird flying. I was told that I met this being during the Starlines program at The Monroe Institute, and I suspect that this occurred probably at the galactic core or other place close to it. The energy here was strong and the density of the environment was light even for the mental body. I was told I didn't need a reason to contact this being in the future.

## 7.45 Exploring Jupiter, Saturn, Uranus and the Sun

*Wednesday, September 28 2005. NYC. Start – not recorded, End – 9:45 pm*

Recently I re-read one of the experiences I had during the Starlines program at TMI, where I found a gateway in the planetary core of Uranus that leads to other parts of the galaxy. I thought it would be a good idea to return to Uranus to explore this gateway once more. I also wanted to visit some of the other planets.

*Jupiter*

The first stop was Jupiter. I sent out a request to be allowed to explore the planetary core and other regions of this planet. It seemed this was granted. I have now forgotten the name of the being I interacted with during this trip. In the planetary core region, I experienced what seemed to be a large field of energy. I was expecting to find the multi-dimensional stuff I found during Starlines but that did not happen this time around. There is much to explore in and around the planet Jupiter, also the nature spirit beings I met there seemed friendly.

After darting around the main planet, I went on to explore the moon Io. To my utter surprise, I perceived nature spirit beings on this moon! Io is alive. The nature spirit entities looked like 'the Drac' being in the movie *Enemy Mine*. There was much activity on the surface and in sections of Io underground.

*Saturn*

Exploring Saturn was not as easy and as straightforward as exploring Jupiter had been. Again, I sent out a general request to enter and to explore

the planetary core. This time I was flatly denied. Just to make sure, I asked again and again, only to be denied. I also tried to find a way to access the core despite the denials, but was met with resistance. The being that had flatly denied entrance looked a bit like the Wolverine character from X-men.

I decided to thank the intelligences that had interacted with me and to move on to Uranus. Just as I made this decision, I saw a being that looked like an old man with a long beard. Only the upper section of his body appeared. I was then asked again why I wanted to explore the planetary core of Saturn. I replied that I wanted to make sure there wasn't a gateway to other realms from Saturn. This new being then 'invited' me to carry out this exploration. When this happened, I asked why I was refused earlier and was told that it was some kind of test, that was their way. I then told the being that I'd been to Saturn before, whereupon the being said it knew. I surmised that this being must have met me before or at any rate that it knew about me from a prior experience. This must have probably been during the Starlines program.

The planetary core of Saturn is bright and absolutely beautiful. I lost myself in an attempt to merge with the entities there and the result was that I became more lucid and saw a huge cavern of alive crystals, almost both solid and liquid in nature. There were also some beings around observing. This experience was totally exquisite. My heart chakra was on overdrive! I didn't even want to leave, but eventually I did.

*Uranus*

The beings I met at Uranus were eager to see me and I was invited into the planetary core region, which I also wanted to explore. There does indeed exist a portal inside the planetary core of Uranus, to other places. First, I wanted to reach the galactic core from here, but this did not happen. Then I asked to experience the 'right destination' for me to explore at this time, whereupon I was taken somewhere. The energy coming through the left side was quite great and as usual the heart chakra was singing.

There was a being on the other side of the tunnel that was monitoring what I was going through. This being seemed to be very matter-of-fact in its

behaviour and dealings. I also didn't want to end this experience but eventually I did. These were great and powerful experiences and I'll certainly go back to explore these realms at some point in the future.

*The Sun*

Next, I went into the Sun with the intention to travel from within the Sun through stellar pathways that eventually lead to the galactic core. There wasn't any 'resistance' from any beings as I approached the core of the Sun in order to travel through the star gates located there and onto the dimensional pathways leading to other stars. This time my entire inner space was active and buzzing, not just the heart chakra. I have noticed in the past and again on this trip that travels through the Nature Spirit pathways to the galactic core produces energetic effects of a lower intensity than those I have experienced traveling through the higher focus levels and on to the galactic core. I find this to be quite interesting and wonder why it is so (see below for some thoughts on why this could be so).

In any case I was able to perceive very little visually throughout this entire trip. I was looking to connect my crown chakra in this final step. It did not happen. At least my spirits are high after these wonderful experiences and I may very well trip out again soon, if not even again later tonight!

Note

At the time I had the above experience I had not thought about why there should be a difference traveling through planetary and stellar cores to reach the galactic core as opposed to traveling through the higher focus levels to get to the galactic core. This has to do with understanding dimensions and densities, the topic of chapter 3 earlier on in this book.

## 7.46 Visiting Epsilon-Lyrae and Vega star systems

*Monday, October 10 2005. NYC. Start – 11:20pm, End – 12:06 pm*

It seems that nowadays each time I attempt to get out of body I have to come up with a new method or a slight variation of an old one. One thing I have come to realize is the futility of resisting or forcing the separation

process. It seems to occur naturally when not forced. Or at least if force is applied to reach the vibratory state, a period of relaxation between vibration and separation can help with the release. It is however important to relax the entire body as well as build the energy field around it prior to installing the vibratory state.

And now to enter the trip log. Some uniquely interesting experiences occurred during this trip. The first stop was at the star Epsilon-Lyrae, also known as “the Double Double”. It has this name because there are four stars in this location – 2 pairs of two. All four stars are quite close to one another, so from afar, they look like one star. Once I mentally intended to have Double Double as my destination, I experienced a fairly quick separation. Also coming to me was a most incredibly wonderful and (perhaps) live image of what seemed like a being with only a head and eyes that made up a face, with a ball-shaped body from which protruded energy tentacles. This being was in a dark violet environment which I have never previously encountered.

The idea behind this visit was to ascertain whether it was possible to find stellar pathways connecting to the galactic core through either Double Double or Vega. At Double Double, I send out a request to meet with a being that had information concerning which pathways connect to the galactic core.

I met such a being. The energetic feel around this being was quite strong. The being seemed to surround me with its energy and I felt as if we were merging together. It felt as if I was this being and it me. Although I initially thought the way this being approached me was informal, once the answers to my questions began, the attitude of the being was very much matter-of-fact, in other words straightforward, no BS. I asked about the difference between connecting to the galactic core through Double Double or through Vega, and was told that it won't matter much, since it was ultimately possible to connect to the central stars through virtually any star.

Upon hearing this, I was surprised. I told this being I had decided to now make a trip to Vega. So, I left for this other system. The beings I interacted with at Vega somehow knew I was coming. They referred to themselves as

"we", thus sounding more like a group mind entity of some kind. They indicated that the answers to the questions I was posing lay deep inside me, that only through experience will I come to know that which I seek. To be quite honest, this group sounded like some of those beings I have read in channelled materials.

Now for the most interesting part of the journey. Before this chat was over, I began to feel the effect of a strong force and was not sure where this force originated from. I initially thought it was a rote as I have experienced this kind of effect before in the past. I realized soon enough that it wasn't a rote and so I thought that perhaps this experience was being allowed to happen to teach me something relating to accessing the galactic core. This pull may have been from a black hole or perhaps from some being with incredible powers of attraction.

I tried again and again to get away from this pull in order to return to the vicinity of Epsilon-Lyrae, where I had been before. I thought to "pull a skip", to use a Robert Monroe's phrase that refers to out of body travel that occurs in "jumps". I focused on returning to Epsilon-Lyrae. The effects of the pull were rather strong, causing me to consider forcefully waking up, although I didn't fully understand the consequences of such a move.

The being I interacted with before appeared once again. I asked why I had not experienced the pull before, while I interacted with this being and was told I had been shielded from its effects. I thanked this being and said "God bless you". Why?!? I don't normally speak like this! This being had also earlier referred to me as "My Son"?!? Weird.

In any case, after leaving this being, this time I saw this HUGE ball which was what had presumably been pulling me. It seemed as if I could not escape from its pull! Everything slowed down. Finally, I remembered a trick from something I had read in the book *The Emerald Tablets of Thoth* in relation to out of body travel. The part of the book I am referring to advised travellers to 'move in angles' not in a straight line, when trying to escape certain phenomena while out of body.

In this case, I used this object's pull to increase acceleration by orbiting it and then shooting of at an angle, a tangent to the orbital path. Once away, I continued on to focus 27. What an exciting trip this one was!

## 7.47 Meeting key devas of the elements

*Thursday, October 13 2005. NYC. Start –9:35pm, End – not recorded*

This is a multiple part trip I have been planning to undertake for some time now. The idea is to interact with four high devas of the elements, to learn from them. The names and descriptions of these nature beings were obtained from Franz Bardon's book *The Practice of Magical Evocation*. This book is basically a Grimoire of sorts. The main beings I interacted with were the equivalent of sovereigns of their respective domains, with several lesser beings working under them.

*Being of the Fire Element*

Aphtiph: This fire being is described in Bardon's book as being friendly to human beings. Before getting out of body and making this trip to visit this being, I stated clearly my intent for these multiple trips: to receive information from these devas on how to work their particular elements. After a previous experience where I was seriously attacked by lower astral beings, I had no desire to deal with any unpleasant nature spirits. Upon entering the domain of this being, I found that the being was huge with wings. From the onset, it appeared calm. I asked the being if it bore the name that was used to refer to it, and it responded in the affirmative. Most answers from this being were in fact in the yes/no format. I then asked if it had worked with Bardon and whether it was friendly to human beings. Both answers received a 'yes'. Next, I asked if it would be possible to get initiated into the workings of the fire element. Again the answer was a 'yes'.

What happened next was a surprise. The entire environment had a reddish colour. This huge being circled me and began its work. I was placed on an object that looked like a furnace or fire stove of some kind. Before the being began, I asked it what it was about to do and was told that the initiation process would involve something that resembled alchemical work.

I then asked the being why it elected to do this and was told that it was because I had asked to be initiated in the fire element. I asked the being whether Bardon had gone through a similar process and the answer was no. Knowing that nature beings could possibly play tricks I decided not to go through the process and asked if there was another way to get initiated into the fire element. The answer I got was "practice".

I then asked the being if it knew how to use information transfer (rotes) to send me ideas on how to use this particular element. To my surprise the being could do so. I much prefer this method of imparting information. Also, I reasoned that it was better to do the work on my own, rather than take what seems like the short cut route.

Soon enough, I left to focus 27 to process this new information. Before leaving, I asked the being if I will be getting any nature spirits to work with me (something that Bardon mentions in his book) however the answer was ambiguous, but was more like a 'no'. I guess I was not ready to have such beings at my disposal, perhaps more practice with the fire element first. I was generally satisfied with the interaction that occurred between this being and myself. This fire being, whose voice rang/echoed after every word and who reminded me of the stereotypical image of the genie from Arabian nights. As we parted, I said 'goodbye' and expressed interest in working together again in future.

Leaving the fire realm, I clearly stated that I wanted to leave this realm alone, without having any beings following me back.

*Beings of the Air element*

Lugar: This is the account of meeting this being. Upon reaching the realm of the air devas, I made a request to meet with the air deva Parahim and received a 'no'. I asked again, getting the same answer. This prompted me to wonder if it was indeed true that the air beings did not like meeting humans, because of human abuse of their kind. I finally asked if there was any being at the rank of Parahim or higher, who would not mind meeting me. A larger being appeared. I apparently could see/perceive Parahim and some other air beings, but I did not have access to them. Perhaps Parahim no longer wants visitors? The new being that appeared affirmed that it was of a higher rank

than Parahim. I asked if it was true that air devas did not like to meet with humans and the answer was a 'yes', although I also got a response that translated as 'somewhat'. I asked what the reason was, for this reluctance and learned that this was due to abuse of their kind. So it is true!

I then wanted the new being to go into instances of abuse by humans but this being by the name of Lugar, ever so calmly brought me back on track with a simple question, "What can I do for you?" It effectively cut me short. I said I was interested in learning about how to use the air element, how to work it. I asked if it was possible to receive information on this, and received a 'yes'. I then asked if it would be possible to have the information transmitted in rote form and again the response was 'yes'. After the experience with the fire being, I was not taking any chances if I could help it. Then to my utter surprise Lugar asked me the following question, "What are you going to do with knowledge of working the air?" This was not expected, and came out as a full question, not one of the simple communication routines involving single words like 'yes' and 'no' that I had been experiencing with these devas. I responded that I will use this knowledge to work on wind, to call upon it when needed, and to calm the wind when needed and finally I will use this knowledge in ways that positively aid myself and my fellow man.

This answer seemed to be satisfactory, although I will not have been surprised if this being knew more about me than I thought. I then asked Lugar if he was ready to transmit the info via rote and was told that it had already been done! I asked if this being had ever worked with Bardon. The mention of this name evoked an excited response in this otherwise very calm and seemingly balanced being. I then asked if the being gets to meet other humans out of body and was told 'yes, but not all'. I asked why the being chose to meet me and was told, in these words, "because you are a high human".

I then asked if there were any beings under Lugar who could work with me and the answer was 'yes'. "Are they of the positive or negative orientation?", I asked. The response was that some were positive and some were negative. I then emphatically refused to have anything to do with negatively oriented

subordinates. Lugar indicated that the positive subordinates he had under his command 'were busy'.

I then thanked Lugar and expressed the desire to work with this being again in the future. Lugar reminds me of a perfectly calm and logical type, confident, yet no-nonsense. The fact that this being has under its command positively as well as negatively oriented subordinates indicates that it has high rank among the beings of the air element.

*Being of the water element*

Amasol: The meeting with this being (or one that claims this name) was most interesting. After going through my preparatory work and getting out I first obtained images of what looked like stalagmites. I then thought I was in the wrong place, however this turned out not to be the case. I was in the right place. I also thought that perhaps I was in a location where beings of the earth element live, but this was also not the case.

Next, I saw a waterfall covering a cave. I rose above the cave and saw what appeared as a hole in the ground. All this seemed confusing until I went through the hole, travelled for a while and then entered what appeared as an underground stream enclosing a place resembling a dark underground cavern. I was not sure how large this stream or small lake was, but out of it appeared a huge water creature. It looked like it was part snakelike or fish-like and part humanoid. The being spoke in a hissing type voice and had a really strong magnetic influence. I instinctively knew that I had to be careful with this being. I made intent clear - I was there to learn how to use the properties of the water element.

This deva proved difficult to work with, for me at least. It started off with subtle hints of wanting to get into some kind of pact or contract with me. Could this have been a test? I used a great deal of will power to show that I was not interested in forming any pacts with any beings, I was simply interested in gaining knowledge. I also indicated that I was interested in doing most of the work on my own, once the knowledge was gained. The being even wanted to offer me something to 'eat' or to ingest. Nope. Not interested. The being, noticing that I was serious about staying independent. It kept going back and forth from me. I was not sure what was going on.

Then at one point it shot a beam at my gold protection field (aura). The beam looked like a blue laser. It is also possible that the beam used some principle or phenomenon related to sound. The projection of the beam looked like a longitudinal rather than a transverse wave. I am not sure how but I showed that I had some power of my own, as I displayed some knowledge of sound and light phenomena by defending myself and making some demonstrations.

Eventually the being succumbed so perhaps my test was over. I received what I wanted (a rote) but also an offer to have subordinates of this being help me out. At first, I agreed but then emphatically stated that if I needed any further help from the being in the future, I would let it know.

The appearance of Amasol was bigger and taller than my projected self (although this does not really matter since it is possible to change size while projected). The being looked androgynous although some female tendencies were prominent. I asked for and received a tour of its domain, and saw many beautiful beings. Its domain was actually in a water body that could be reached by traveling from the cave/cavern, through a little lake/pond and then emerging into what looked like a vast water world with many beings.

I finally thanked Amasol and left. Working with this being proved more difficult than working with the air and fire devas. It is possible that other devas of the water element can be of a devious nature! Although its home at first appeared to be the cavern, the tour I received happened in a large water body (as already indicated), perhaps as big as even an ocean. Finally, and certainly not to forget this one, it seems some of these devas do not like to talk about the graduation of the Earth from the physical plane. When the subject is brought up, they avoid it.

*Being of the Earth element*

Kudur: Erami, a sovereign of the Earth elemental realm, opted not to see me at this time. In its place was another remarkable being by the name of Kudur. It seems this being works directly with animals. It appeared short with real bushy brown hair, like a big brown afro, almost drooping down. It also looked 'young', like a child. It wore really lavish garment of glittering

gold (coloured) and studded with precious stones. It seemed that this being was so eager to work with me that it had probably requested it.

With this being I actually got demonstrations that I could physically feel. This being will dematerialize on my right side to appear on the left and then do the same again, but in the opposite direction. It also showed me its realm, which was more like open country in the wild, where it caters for mammals. I did not feel threatened by the being. On one occasion when I emphatically stated to the being that I was not interested in pacts or contracts, this being displayed some of its power in my direction, what I could feel as effects of the earth element. The being reminded me of the character 'Puck' from Shakespeare's play *A Midsummer Night's Dream*. I was not sure why it had a tail that looked like that of a lion's, although every other aspect of its appearance was humanoid. In fact, the first image I got on this trip to the earth realm was a field of lions, a pack. I may meet this being again. Interacting with it was great fun, except the parts where it tried to offer me pacts and contracts, and also when it attacked me with the earth element. This being did not like to discuss the topic of Earth Graduation. It seemed like a topic that took all the fun away from this being.

Achmunadae: Finally, I visited this being which Franz Bardon describes as 'girdling the zone around the Earth', i.e. etheric/akashic realm. This is a high level being or deva, a being of the 5 elements (i.e. the four elements plus the akasha) rather than a single element, and a very advanced nature spirit. It seems I have visited this being before in the past. Before the visit, I first made a stop at my special place. This being of all the 5 elements was calm and cool, almost unperturbed by my presence. I collected information relating to manipulation of the elements on the etheric and astral planes.

Aftermath: I woke up this morning [i.e. the next day] feeling slightly ill and with the onset of a sore throat. This for me is usually a sign of a weakening immune system. While sleeping, I did not experience any conscious astral attacks. I figured the sickness may be due to some unconscious astral attacks of some sort, since I was perfectly healthy the previous night. The other possibility would be that my immune system got compromised, having spent all that time walking in the rain during the day yesterday.

If the sickness is really due to my interactions with the elemental devas I visited during the last out of body trip, then one must be careful when dealing with nature spirits. It is likely, if elemental devas are the cause of my illness, that the last two elemental spirits I interacted with are the possible culprits. It could also be an effect caused simply by having worked with or around elemental energies.

Of course, it will be premature to assume that the sickness must be directly linked to the attacks by the water and earth elemental beings. Rather, it is better to see that as one possibility.

It is well known that nature spirit beings can use the energy provided by a magician to perform the duty asked of them. The magician either provides this energy by concentrating it into one spot from elsewhere or, (the easier way) by using the life force of another creature, such as occurs in ritual sacrifices among certain ritual practices in certain native spiritual traditions.

In any case nature spirits are no play-things or dabblers and if the sickness I am currently experiencing is the result of an attack that occurred during yesterday's trip then it would be wise to exercise caution when dealing with nature spirits, especially those of the water and earth elements.

August 2008 additions

The time I went on this trip, I was going through a period when I had become interested in the works of Franz Bardon and was actively experimenting with some of the ideas found in his books. It seems the demonstrations that the being Kudur gave used up my own energy as fuel. I actually fell ill after these trips, and I attribute that to the interactions described above with the beings of the water and earth elements.

Human incarnates are supposed to have the ability to master all 5 elements, while the elementals often focus on only one. One reason why it is dangerous to get caught up in making pacts with elemental beings is that they can then influence the human incarnate with their particular elemental vibrations. This can create imbalances in the spiritual development of the human incarnation. That is a warning I took from Franz Bardon's teachings.

## 7.48 More on nature spirits

*Sunday, October 16 2005. NYC. Start –11:40 am, End – not recorded*

After the intriguing encounters with the beings described in the previous entry, I kept wondering if interacting with the earth and water element devas had somehow contributed to my illness. It has been almost two days now, that I have been suffering from pains in the respiratory tract, ears and eyes, flu-like symptoms that is. It occurred to me that if this illness was caused by spiritual beings, then perhaps spiritual beings can also help remove it or at least help improve my condition.

As I lay in bed, I sent out a universal message to all positive or balanced beings who could help me get rid of this illness if it indeed has any spiritual cause. The message was sent to nature spirits as well as Higher Self incarnations.

A few hours later as I lay in bed listening to some classical music, I noticed the presence of a being in my room that looked like it had some feminine features. I had previously cleared the area of negative influence and thrown a protective gold shield around the four corners of the room, allowing only certain beings to cross over into my space. As I lay on my bed, I greeted the being and welcomed it, making it clear that it could stay and help as long as it was not going to be involved with any mischief. That was it, I forgot all about the being.

Much later, this being appeared once again in view and indicated that it was going to heal me. I noticed that the top of this being looked human while the bottom looked like an eel? I felt energy bursting through my stomach and chest area, to which I said 'Thank you'. Somehow, I knew this was a nature spirit being. I asked this being what will become of my ability to manipulate and use the elements, and was told I already had that ability. The being then left after this healing episode.

I fell asleep for about two hours after that and when I woke up again the pain was gone, although some symptoms still remained, such as a sniffling nose. I was glad to be left with only this sniffling condition, and to be rid of the pain.

As to this experience of feeling sick, my suspicion is that when dealing with the water and especially the earth beings, my energy was used up or depleted in some way peculiar to the nature of the interaction between myself and the nature spirits. I suspect that this humanoid looking eel-like being that energized my solar plexus region somehow knew how to equalize the affected energy body.

Before the nature spirit being undertook the healing session, I had tried several energy exercises I knew of to help improve my condition. I had also cleansed the physical body several times. I got some positive results, especially using colour cleansing with violet and gold light but these results did not yield complete healing. Much pain and discomfort remained.

It could also be that all the disease symptoms I had been experiencing the last couple of days resulted from catching some disease bug which was made worse by interacting with the nature beings. This theory however falls short when it is considered that I was in perfect health only a couple of days before.

A little over an hour later, while reading a book, another being in my room came to my attention. This one looked human, and old. I asked the being its name and got something like 'Ren'. I got an urge to quit reading in order to go lie down on the bed. I could also feel some energy directed at me, around the chest region. At this point it was already about 3am. I completed the reading and retired to bed. I then got another message to sleep on one side, with the right hand beneath the body. Just to check, I asked the being if it was a nature spirit and the answer was 'no'. So, I guess it was probably a guide or another aspect of me.

I also realized that this being probably witnessed the healing process with the nature spirit earlier. It stood by and observed. I asked for the name of the being which had directed energy at me to heal me earlier, and was told

that it was 'Amue'. Amue? I couldn't believe it so I asked again and got the same answer.

I then retired to bed. Unless necessary, experiments with nature beings, of the kind that I had carried out in the last few days, are over!

August 2008 addition
Amue is one of the water devas mentioned in Franz Bardon's book *The Practice of Magical Evocation* as a sovereign spirit of the water element, i.e. a high ranking water deva that can be described as a king/queen of an entire realm. That this being carried out the healing session could be a sign that it probably undid what the water and/or earth deva elementals did in the experience recorded in the previous entry.

## 7.49 Lifeline retrieval and contact with Higher Self

*Monday, October 31 2005. NYC. Start – not recorded, End – 10 pm*

On this night, I decided to listen to the take home tape from the Lifeline program at The Monroe Institute. I spent most of the evening listening to Gregorian chants. The first song on the chants CD was an old favourite from high school.

Before playing the Lifeline tape, I noticed the presence of foreign energy in my room. In spite of this I continued with the tape exercise. Once I got past focus 21 and upon entering focus 23, I perceived a human being lying in a sort of stream of flowing water. It occurred to me that this could be the soul of a recently dead person, and that I could possibly retrieve this soul. I however continued all the way to focus 27, to my special place.

After relaxing for a while on the golden hammock I have at my special place, I proceeded to focus 25. There seemed to be another helper or guide with me, perhaps to aid in performing a retrieval.
For this retrieval, I took the appearance of a catholic priest about to perform an exorcism. I wonder why. In any case, the soul to be retrieved at first

seemed to be unhappy that I was present. It even seemed to want to attack me. It appears this soul had some dark traits during physical existence.

Next thing I realized, the soul appeared to 'repent' somehow and so it became easier to leave with it to the higher focus levels. During the journey to focus 27 the soul vanished somewhere in the Belief Systems Territories. Hours later, while in a semi-sleep state, a channel opened, allowing me to interact with my Higher Self. The issue was related to what requirements I have left to fulfil in this lifetime. There were physical body jerks every now and again, as pulses 'came through' from my Higher Self.

## 7.50 Time travel into the future

*Tuesday, November 15 2005. NYC. Start – 4:43 am, End – not recorded*

While lying in bed this morning I decided to attempt to look into the immediate future. The projection method employed on this occasion involved using rhythmic breathing to increase the energy levels of the auric field, using that as a platform to get out of body. The rhythmic breathing method used here is similar to what is described as "pore breathing" in chapter 1 of Franz Bardon's book *Initiation into Hermetics*.

As a result of using this method to project, the separation of the astral body had with it some etheric energy as well. This made the astral body feel a bit 'heavy'. In spite of this the 'amorphous tunnel' appeared and I was launched out, appearing in space and seeing stars everywhere. There were many, many stars. Isiah, one of my apartment mates, came into the apartment at one point. This caused my projected consciousness to return to the physical body. It was time to start all over again, this time with earplugs!

My apartment mate fell asleep soon enough, so that I no longer needed the ear phones after a while. This time the projection was much simpler and easier than before. Again, the energy level was worked up and again the tunnel appeared. This time the intent was to project to focus 15. I got images of the countryside in Holland. Next were images of a building that was certainly of European style, however I could not pinpoint exactly

where it was located at. I also heard a German word which I do not recall now. Finally, I saw a water body with many boats whose ends were curled up. Were these images from Venice? I next saw the boats at water level and then an image of me relaxing in a hammock.

I wonder if this means that I'll be spending time in continental Europe in the near future? I'll just have to wait and see and also attempt some more projections into the future.

August 2008 addition
At focus level 15, projected consciousness can travel through time, that is, go backwards, go forwards and even experience the lives of incarnations living in other time periods.

It turned out that at the time I had this experience I was not aware that I will eventually move from the US to Europe (happened at the beginning of 2006). I now live in Europe. I also got to travel in India in 2006, down the Ganges, where there were many boats.

## 7.51 Body switching and searching for answers

*Wednesday, December 21 2005. NYC. Start – 7:00 am, End – 7:30 am*

It has been a while since I projected into the "here-now", or that I attempted to project at all. Some of the old problems that pop up at the beginning of a projection attempt occurred this time round. At the moment of separation there was a physical feeling of anticipation. I guess you could call it anxiety. Feelings that cropped up in the very first projection. After further attempts, the physical body was brought under control.

*Body Switching*

The first stop was to visit Ariella and to experiment with body switching. The plan was to ask permission from her to experience what it is like to be in her physical body while she was out of body. She could then experiment with what it felt like being in mine. This was for me the first time experimenting with body switching.

When I found her, she was sleeping on her right side, half covered in cloth. Her room seemed to be full of objects of Egyptian origin? The actual body switch happened first with her consciousness going to my physical body and phasing into it a bit while I did the same with hers. There was an actual energy component to this - a connection between the two of us. There was energy flowing back and forth, perhaps on the etheric level. At the moment she entered my body I felt an erection and what seemed like excitement. When I entered her body, I also felt sensations of female breasts. Her female body seemed soft and tender to me, even the legs.

Once I separated from her, I re-energized my physical body. Later on, after fully returning to my physical body, I sent back to her energies and whatever thought forms or other energy substances or imprints of hers that had been placed in my physical or energy bodies as a result of this experiment. I also took out of her physical body and energy any imprints or forms that belonged to me. As I knew how to do this and also as I was curious enough to suggest this experiment, it was my responsibility to make sure that there was energetic integrity on both sides.

I then broke the energetic connection between us to prevent the occurrence of any "aftereffects", a lesson learned the hard way from previous experiences. This was an important step also because I intended to carry out further experiments (doing other things) so I needed to have energetic integrity to continue with this session's activities. The next "here-now" trip was to the park in front of the house. I was also searching for Keith but did not find him. Eventually I got an image of him on top of his girlfriend. Hmm...maybe I should not have pursued this search of Keith after the initial failure.

*Searching for answers*

There is a distinct difference between the feel of a higher focus level, such as focus 27, and being projected into the "here-now". When at the higher focus levels, it feels like being in a really distant or far-off place, away from the physical body.

While in focus 15, I tried to create a thought form that would manifest into the best possible experience I can have as a tour guide, and at the same time still experience life in a way that is in line with the overall plan of my Higher Self for this incarnation. I encoded into the thought form a desire to have the best possible travel experiences and a chance to observe cultures all over the world as they are today. Also programmed into the thought form was the desire to have the least amount of interference from friends and family while I embarked on these experiences. The thought form was then released as I intended it to manifest somewhere along the time line, in the most appropriate manner according to the intents programmed into it.

At one point I thought to seek out on the astral plane, people in the NYC area who may sponsor me in order to make these travel ambitions come true. I however, upon consideration, left this option open since I am not fully sure if such an act conforms to the overall plan of my Higher Self. Better to leave the manifestation bit to the Higher Self, once the intents have been made clear. The last part of this journey was spent in focus 27, resting on my golden hammock and meditating on travel experiences. I got the image of what looked like dolphins or whales? I also invited A to see my special place. The feeling in focus 27 when out of body is different from that of being projected into the 'here-now', as previously stated. In focus 27, the feeling is more 'distant' and away from the physical body.

August 2008 addition
Let me mention here that this experiment was a one-time affair, resulting from curiosity. The individual I partnered with on this
experiment was an advanced level incarnation and a friend at the time. As it turned out, we have gone our separate ways since that
time. It also turned out that I did not find anyone in the NYC area to sponsor me. Initially I did not want to leave the US. I knew the next thing to do for me was to travel and I had taken the bold step of quitting my secure (boring, soul destroying and ____ (fill in the blank) job) and now I was in limbo.

It worked out that my Higher Self had planned for me to leave the US at this time. Coming to Europe turned out to be stressful and depressing at first. Once the adjustment period was over, I managed to get the perfect job

as a travel tour leader for the top adventure tour company in the UK. Through this company I managed to travel to Turkey, Corsica, India, Nepal, Senegal, The Gambia, Mauritania, and (indirectly) China. All these locations were 'off the beaten track', I had a fantastic time! This would certainly not have happened had I remained in the US. On the Ganges in India, I got to witness river dolphins.

## 7.52 The remarkable Azam from an alternate energy system

*Thursday, December 22 2005. NYC. Start – 11:30 am, End – 12:00 pm*

Traveling in focus 21 sometimes brings back the fun and excitement of consciousness travel. You just may be surprised with what comes your way. This time around, I broadcast my intention to meet a spiritual group of beings who do not require space ships to travel. This is just what I got.

At the beginning of this trip, I experienced some "spiritual pressure", even during the preparatory stages. Spiritual pressure is a term I use to describe the phenomenon of feeling a force pushing down on one's energy during the attempt to effect a separation of the bodies. This often manifests as actual pressure. It has happened to me once before while taking a spiritual development course in Boston organized by R.  In focus 15, I decided to go deeper than I had done in the past. I saw myself traveling past mountainous terrain, getting deeper and deeper into focus 15. Suddenly I was left with a startled feeling as images of large chunks of rock filled my field of perception.

It was in focus 21 that I once again saw these floating/asteroid-looking structures. They looked like separate worlds, only that something seemed to be missing in the equation: there was no sun/star! I instinctively approached one of the asteroids and got repelled from it. Apparently, I needed to ask for permission to explore this realm. Once this was done, I found a world that seemed to have clouds around it, covering the entire world. The beings here seemed to be ball-shaped with straight spikes found all over the ball, like a hedgehog. These beings are not normally humanoid, but can take humanoid

shape if they so wished. When they do, they have a surprising resemblance to the video game character Sonic the Hedgehog from the Sega video game series! Incredible.

Many of the beings I approached were not particularly interested in interacting with me. It was only later, after trying again and again without success that I met Azam. This being turned out to be the rather curious one among its kind. In comparison with Azam I was about twice its height, so Azam was just about 3 feet tall, perhaps a bit more.

The being wanted to know all about me! I was taken to a place on their world where folks hang out and 'socialize'. We began to interact. I found out that I had the ability to shapeshift my astral self [it is really the etheric mould, since we are dealing with focus 21 here] to look like Azam. I did this a number of times for fun. Then we went out to have some more fun. Basically, we flew off this asteroid world into space. I asked Azam why there was no star circling his world to give life to it and he responded that they did not need a sun, that they had the ability to manifest energy directly from space to use for their purposes. It was then that I realized that their asteroid worlds had a kind of force field surrounding each world. We went whizzing into space, past huge rocks. I imagined myself flying on a broom! Soon it was time to return so I bid Azam good bye and left.

*Part II*

While I began writing out these notes in my bedroom, I realized that Azam had followed me all the way back and was in my room! Needless to say, that was a bit surprising. I took time off writing to return to the out of body state to show Azam our world. It turned out that this being has been around for a while and has even visited Earth before. This time I asked what his race was called and was told they were the Cree-O (or Cree-a?). Azam wanted to see beaches so we went by a beach, where Azam showed some powers of manipulation by creating big waves.

Then we went into the ground, and into a volcano. Here too Azam played around with lava and with rocks. This time some fire beings also showed up. Not wanting any trouble, I signalled that we had done enough and bid good bye to Azam once again.

This was a wild experience!

## 7.53 Magic theory and practice in level 27

*Saturday, January 14 2006. NYC. Start – 10:02 am, End – 11:05 am*

It has been a while since I attempted to consciously project out of body. This time round I tried a technique based on the idea of pulling together the "bonding force" (see glossary) into a coherent cord so as to make projection easier and quicker. I also paid a lot of attention to the intracranial sounds which now seem to ring in both ears in different tones and in the centre of my head.

The initial lying position I assumed had my head slightly tilted to the right, my arms across the midsection solar plexus and right leg over the left leg. It took a while to 'power up', which is why this session ended up lasting an hour. Every now and again the physical body will offer some resistance or the cord will pull itself, aborting the process. I find it interesting that even now the physical body will panic, after having successfully made trips out of body many times already. Perhaps this time was also a repeat of a situation which has been occurring the last couple of trips out, which is that the physical body goes into panic mode at the first attempt, then it lets go at the second attempt. Perhaps it may also be due to the fact that I have not practiced getting out for a period of time.

In the second attempt, I resumed the position I am usually accustomed to, which is to lie flat on my back. I focused on the same technique as described earlier, only that I separated much slower and gentler this time. Focusing on my special place in focus 27 helped speed up the process. There was little resistance, but I managed to get out, starting from the legs and gradually working my way up.

Once I arrived at focus 27, I noticed that the appearance of my special place had changed in appearance. The roof of my abode, that has the shape of a hut now looked conical with an antenna-like structure come out from the

top. I also found myself lying on what appeared to be grass, like a small lawn in front of the hut.

*The Hut & the Library*

I then decided to do some research on magic, at the library. Walking into the library building with my hands in my 'pocket', I found a solitary reading room in which to carry out research. I thought about and sent a request to have a book that will show a lot of good material on magic. At first, I thought I would receive impressions as thought forms so it came as a surprise when I found myself reading a scroll! And I could read it! There were drawings (representations) of the four elements in this scroll. There were also instructions on how to ride a dolphin!

While reading the scroll, I sent out a mental request to receive the best magic book available. Thinking that I was to receive yet another scroll, I continued with my reading. Then an old man appeared in front of me, holding a small book. I instinctively knew he was a teacher of some kind. We left the library to go out onto the lawn. I was told to read the book. It contained various principles and techniques. Again, I used the holographic reading technique here. I was interested in devas. Griger, the old man, warned that whenever dealing with devas, I should be sure to know exactly what I was doing.

We performed some telepathic exchanges. Both of us were sitting in the lotus position as we practiced some mental arts. It was soon time for me to leave. I imagine we will meet again.

## 7.54 GOTOS and Gerub of Jupiter

*Saturday, January 21 2006. NYC. Start – 3:00 am, End – 3:40 am*

This trip had many interesting facets to it. To start off I used the "Carbon Dioxide" technique (or at least a variation of it) to get out.

The technique began with deep breaths and progressively decreased the depth and occurrence of breathing, leading to a point where one is almost

not breathing. In this way, Carbon Dioxide accumulates in the brain, lungs and in the blood. This induces the brain to shift into the theta brain wave region. This technique can be difficult because the physical body may panic, thinking that it is dying. On this occasion, this technique led to a quick projection.

Once out, I found myself in space. I could not help thinking, "what a mess this place is!" There was debris everywhere! It felt as if a space battle had occurred in this region of space? Or perhaps there was another explanation for the debris. All those satellites being launched?

*GOTOS*

Then, clearly in my awareness I saw a message saying "GOTOS" (see glossary). I wasn't sure where this message was coming from. As I had read about this being before while at the NY public library, I knew it was connected with the planet Saturn. Whether it was the being contacting me or it was another person making contact, I was not quite sure at this moment.

I let down my guard in order to find out more. The next thing I realized, there was enormous pressure on my astral body. It was being forced back into the physical. I then sent out the mental picture/message "not interested in further interaction". The pressure remained nonetheless. If this had continued, I would have had to cut short tonight's trip. I then sent out a general SOS message to all my guides and any other beings that could help me out of this situation. After a while, the pressure receded and it was possible to once again get out of my body and into space.

*A faraway place*

First, I focused on visiting the Pleiades star system. I didn't stay here long. After this visit I focused on getting to as far a destination as I could in no particular direction. I arrived on a planet where I found a humanoid being sitting under a tree in the lotus position. This humanoid being was blueish grey all over. While the being sat under the tree, I was able to interact with it for a bit, although I can't remember what we discussed before I decided to return to our solar system. (NOTE: At another time, I returned to this world and was offered a sword as a gift. I was not sure whether to accept or

decline, but I took it. This sword could shapeshift into other things. I imagine it's some kind of etheric-astral weapon).

*Gerub of Jupiter*

Back in our solar system, I intended to explore the Earth core 27 equivalent of the planet Jupiter. That is, Jupiter-core. The concept is not really the same on both planets, since Earth is more solid than Jupiter. Once I arrived at the planet Jupiter, I sent out a request to be allowed to explore the planet's inner dimensional worlds. A scary-looking being appeared. The impression I received from this being was that it was there to act as a guide and perhaps a protector, for those traveling through Jupiter's subtle realms.

At the beginning of the exploration of Jupiter's realms, all I could perceive was 'blackness'. No colour, no light, just blank. Once we arrived at the core of the planet, we came across the pleasant being which wanted to be referred to as Gerub. I asked for a sign from this being to make me remember the interaction. What followed next was like a gentle feel of air blowing over my face. The experience was to be a physical one so I would remember. Gerub explained that my physical body sensation was a result of translating the experience from the astral body to the physical body.

I however asked for an experience I really wouldn't forget. Right there and then I began to "see". Before this time, I could only sense the being referred to as Gerub. It was as if the lights had been turned on! I was put into some kind of game setup and the game began! As perception improved, I saw HUGE crystal towers. I thought to myself, "Astral travel is the shit! This is so much fun!"

At the end of the game Gerub also gave me some tools. There were three of them.

## 7.55 Initiating contact in the physical and exploring space

*Monday, January 23 2006. NYC. Start – not recorded, End – 9:08 pm*

This evening I experimented with Craigslist and found Lisa, who exchanged photos with me. I then got the idea to pay Lisa a visit while Lisa was still awake.

Getting out did not take long. The method used was very similar to the rhythmic breathing method. Once out, I found Lisa at the apartment sitting by a table. I then explored further, seeing the different bedrooms and the living room. I figured Lisa was all alone at home. I then paid some more attention to Lisa, trying to initiate astral body interaction between the two of us. The first attempt failed. The goal was to find out whether Lisa was sensitive enough to pick up the interaction.

Before I left Lisa, I performed an aura cleansing technique using violet light. I'll have to find out later whether Lisa picked up any vibrations while I was there. I then left Lisa and travelled up to space, to the region around the Earth. While traveling through space around Earth, I came across a huge rock. Was it an asteroid? I also saw other smaller rocks floating around this big rock. The sky (space) was filled with stars! I went down to the surface of the moon. Before returning to the physical body I made a stop at Mars, then back to Earth, and home.

## 7.56 Conversing with a representative of the planetary spirit

*Wednesday, February 01 2006. NYC. Start – 12:10 am End – 12:46 am*

As a result of listing to the CD "Rhythm of the Chakras" by Glen Velez and charging up with my quartz crystal, I achieved a relatively high state of relaxation, felt energized, with my chakras activated. In fact, before beginning the projection my right arm was numb while my left arm was even more numb, since they were both so relaxed.

The goal of this session was to attempt to explore Earth core focus levels 15 and 21 while also attempting to work with certain animal spirits which had appeared to me in an earlier experience.

In order to bring about an out of body projection I again used breathing methods to increase the amount of auric energy. Also, by controlling the breathing rate it was possible to keep the reactions of the physical body in check. With some effort the tunnel appeared, I entered and was on my way into the Earth's consciousness. Separation occurred in phases, with my head separating last. I found that working with energies helped speed up the process. On this occasion I managed a complete separation to the point of having no breathing problems. It was a good feeling.

*Intracranial sounds*

Of late, I have noticed different sounds being produced on either side (hemisphere) of my head. It seems that charging with the quartz crystal normalizes any sound difference between the two hemispheres, creating a somewhat uniform tone that I think is a kind of hemispheric synchronization. This uniform tone also has a lower pitch.

At the moment of projection, the frequency and pitch of the hemispheric sounds increased again (by this point the crystal was no longer being used to charge up). In addition to increased sound frequency the sounds produced in either hemisphere polarized once again. I guess the uniform sound may have been the result of intensifying and equalizing energies in my aura. This was no longer the case once the auric energies, together with the astral and mental bodies were projected out.

*The being called U-ma-ma*

I decided to go to Earth Core 27 (EC-27) in order to be far away from the pull of the physical body. Before going to EC-27, I raised my defensive shields and asked for guidance and protection for the trip. Visual perception was not that great on this journey. I however perceived what appeared as a tall pillar of light in a huge cave. Later on, I seemed to develop better visual acuity and was able to perceive huge crystals, rod-like structures sticking out from both up and down directions at a distance.

There was an energy source of some kind in between the upward and downward pointing crystals. It looked like fire, but that could only be a result of my perception of the energy. I also saw the faces of different

beings, flash right in front of me. Other images appeared which now are hazy in my mind.

I got into conversation with a being I later found out referred to itself as U-Ma or U-Ma-Ma/U-Ma-Na. It wondered what I was doing in that realm. I mentioned that I actually wished to explore Earth core focus levels 15 and 21, and then turned round to be on my way. As if the being could read my unspoken intent, I was told that before I left there was some information for me to know. I was told that the Earth being is proceeding according to plan and that it will "leave this planet" in the time to come. I then mentioned to the being that I had previously requested from my Higher Self direct proof to confirm that the Earth planetary spirit is indeed in graduation mode.

As I sent out this thought a rote hit the left side of my face -- I was given images of what the planet will look like in the future once the planetary entity leaves. The images were dismal and desolate, to say the least. Before leaving I asked the being for its name and asked if human beings who are projected out of body were still welcome to visit its realm. I was told its name (U-Ma) and also told that human projectors were still welcome. Now that I write this, I get the feeling that my Higher Self likely communicated with the Planetary Spirit to have this message delivered to me. All through the interaction I did not see/perceive what the being looked like.

*Shape shifting*

I travelled to the realm of Earth core 21. Visual perception was not very clear on this trip as it has been in past times. There were caves and tunnels in EC-21. I found an animal resembling a ram with huge horns, which I rode. In Earth core 15, I began experimenting with shape shifting. Each time I shapeshifted into a particular creature there was an accompanying physical sensation. I first turned into a bird and began flying about. This was good fun and it was clear to me it will take some getting used to. I then tried to turn into a bear. Once changed I scratched the ground/soil with paws to feel what it was like.

By far the most fun was turning into a lion and roaring. This was also the easiest creature I could turn into and handle. The most difficult was turning

into a flying bird-dragon. I did not stay as any creature/animal for long and each time I decided to change back, I first turned into a ball of energy. Other creatures I shapeshifted into were a dog/wolf and a shark. Also, I changed into a horse -- one that could have wings if it wanted to.

In the early hours of January 23rd 2006, I had an 'experience' which I was guided by a number of advanced beings. At the time
these beings told me not to tell anyone about the experience. Since that request remains unchanged, I can only refer to this experience in general terms.

## 7.57 Visiting a civilization in the Andromeda galaxy

*Monday, February 20 2006. London. Start – 8:30 pm; End – 9:30 pm*

This evening's trip resulted from listening to the hemi-sync Meditation tape from the Monroe Institute. The sounds on this tape are like pink noise. As one listens to the tape, in no time one enters into a deep meditative state.

I began with deep inner meditations into inner space. Out of body travel takes one into outer space and also into the outer subtle realms. Meditation takes one deeper into inner space and into the body presence. During this meditation session some dream recall occurred.

I then focused attention on viewing the Earth from outer space, as a prelude to getting out of body. Slowly, the phasing out process began. Since I had undergone some resonant tuning earlier my energy level was well tuned by this point. I could also tune into different voices and images. The voices came in French while the images were of animals, one of which looked like a dragon.

The main aim of this trip was to experiment with intergalactic travel. I have recently read about the local group of galaxies in our galactic neighbourhood of which the Milky Way is a member. Two other prominent galaxies are the Andromeda galaxy and the triangular galaxy. Besides these,

there are a number of smaller satellite galaxies for each of the three large ones just mentioned. There are also globular clusters.

On the journey to the Andromeda galaxy, I found myself traveling through wormholes in the space between galaxies. I would traverse one wormhole, then another, then a third. The process was fast and these wormholes were cuboid in cross section. In between wormholes there were 'doors'. The wormholes ended with a star-shaped (as in pentagram) exit and from there I found
myself visiting a golden world where the beings could walk as well as fly.

I definitely felt that I was very far away and the process it took to get here had been controlling itself. I didn't get to interact much with this world, as I 'clicked out' right after getting to this golden world.

## 7.58 Practicing receiving rotes

*Monday, February 27 2006. London. Start – not recorded; End – not recorded*

Last night as I lay in bed, I began to calm down my thoughts and to increase my energy. The technique I used to increase energy was the rhythmic breathing method, learned from the kahuna book *Clearing your Life Path*. This involves breathing in a pattern that retains and builds energy with every breath. I also listened to the sounds in and around my head. I tried to get to focus 3, which is the state where mind and body are in harmony. The idea was to remain in the focus 3 state while observing the changing nature of the high-pitched sounds generated in and around the head.

Next, I phased out of focus 3 and into focus 12. Here the goal was to experiment with rotes -- receiving, opening, examining and so on. From this level, I thought to go to focus 27 so another phasing out began. I noticed during this transition that there was an increase in vibration in the physical and energy bodies once my consciousness began to move to the higher focus levels. Gradually, I phased out of body.

*Electronic Net Interference*

Only a day or two earlier, as I tried to project out of body to the higher focus levels, I experienced some resistance. It was as if something was preventing me from 'moving up and out'. What happened in that experience of a few days ago was like bouncing off a force field! Last night, I actually saw myself entangled in what I perceived as a web of chains, as I tried to project out. I also realized that it was possible to break out of these chains with strong concentration.

*Using Pictorial/Symbolic codes*

It has proved useful to visualize my intent in the mind's eye before trips. Sometimes I use my energy bar tool as an imaginary writing tool to make imaginary symbols or to simply write my intent in regular written language. I would like to eventually move beyond English to use a symbolic language that truly reflects the language of the subconscious mind. My quartz crystal also acts as my energy bar tool, that way I can sometimes transfer energy between the physical device and its etheric counterpart. Right now, in order to represent intent in the mind's eye using the quartz crystal energy bar tool, I use a mixture of English and symbols.

*Other experiences on this trip*

Eventually I got through to focus 27. Here I practiced absorbing the M5G books in rote form. I also experimented with absorbing information on German and Dutch languages, for some reason. Eventually I would like to reach a stage where I can decode the intent behind whatever is said in any language, regardless of whether or not I understand it. In this respect the intent will represent the "deep language" that 'rides on top of the spoken language'.

From focus 27, I briefly stopped at focus 15, on the way back to normal waking consciousness. When I got to f-15, it seemed to be cloudy all over. That was what I perceived at this level. During one out of body experience in 2004 when I arrived at the belief
systems territories, all around me was greyish brown, like a haze. That was interesting.

Finally, before ending this session I remained in the consciousness of focus 11. Robert Monroe calls focus 11 the "access channel" in his Human+ tape sessions. It is interesting that focus 10 is 'mind awake, body asleep'. Focus 11, however, is 'access to deeper aspects of ourselves' while focus 12 is 'expanded awareness'. The interesting distinction between focus levels 11 and 12 is that the focus 11 channel leads 'down' into the body awareness while the focus 12 channel leads 'up' to the Higher Self. Both channels are very important in accessing more of ourselves. Focus 11 in particular can be used for programming the body-mind. I returned to focus 10, then to focus 3. While in focus 3, I felt a sharp pain in my back, which I imagined was the force pulling on the silver cord.

## 7.59 Journey to the Procyon star system

*Saturday, April 22 2006. London. Start – not recorded; End – not recorded*

For some time now, I have been meaning to project to this star system to possibly meet some beings there. These beings have elsewhere been called guardians. These beings have travelled through time and space acting as mediators and custodians in this galaxy. They can be found in a number of star systems.

On this particular night, I also focused on the alpha brainwave state, which is known to be the bridge between the conscious and sub-conscious minds. There was much noise interference from outside cars and from voices outside Colin's room. I decided to use these voices to actually trigger the alpha state.

Once this state was achieved, much energy was released. I could feel the astral body gently separating from the physical as I directed attention towards the Procyon star system. Not sure what to expect, I next got the image of a blue-green planet from space. The equatorial region and some areas above and below the equator were covered with lush green vegetation while the polar regions looked blue. As I got closer to the surface, I realized that there was more water on this planet than it seemed from above. It also

seemed that there was some kind of fog above the water, at the base of the trees.

The trees were arranged in formation to look like they were on both sides of the street, except that in this case the water served as a road. I did not meet any beings on this trip.

The return journey was uneventful except for a short (slight) pain I felt when the pull of the silver cord got the astral body back into the physical body.

## 7.60 Orbs, colours and experimenting with breathing

*Sunday, April 30 2006. London. Start – 3:30 am; End – 4:23 am*

I woke up early this morning to find that the room I was sleeping in had about seven or more light spheres floating above my bed. At first, I wanted to drive these beings away, but then it occurred to me that these orbs likely pose no direct threat to me as long as they maintained their distance.

Separation occurred with a clear tunnel appearing in view. For this trip, the astral shell was left behind at my special place at focus 27 while I travelled to the higher realms in the subtler mental vehicle. I spent the first part of the journey exploring the higher planes of 7th density, that is, focus 42 – 49, where I met a stern-looking being who advised me that I could have better results if I shifted to the perceptual level of focus 37, in the 6th density. This is because I was interested in experimenting with colours and some other abstract forms.

Upon arriving at the perceptual level of focus 37, I was surprised to come across what came to me as a bridge. Once I crossed this bridge, I ended up in a region that looked cloudy! This was very much like what I had experienced at the level of focus 21. During the *Gateway Voyage* program at the Monroe Institute, participants experience a trip from focus 15 to focus 21 that uses a specific colour routine to aid the transition process. It was in

part due to this experience that I wanted to experiment with higher octaves of the colour coding of the Gateway program.

"Breathing" through the mental and astral bodies created a stronger sensation of being out of body. This is an idea I got from studying Franz Bardon's material. In order to do this, while out of body, attention can be focused on absorbing energy through the astral (or mental) body from all directions. This can also be done with the physical and etheric bodies. The 'breath' does not come in through the mouth or nose but for instance in the case of the physical body, through the skin pores and the etheric channels. This is known as pore breathing when done with the physical body, but an analogue of the same technique can be done when projected out of body. More on pore breathing can be found in chapter 1 of Bardon's first book, *Initiation into Hermetics*. I also experimented with mudras while thinking about how to come up with specific sequences to represent magnetic and electric energetic signatures. In Bardon's book he calls them 'fluids'. The effects were very powerful.

## 7.61 The bonding force and experimenting with the elements

*Thursday, May 04 2006. London. Start – 1:00 am; End – 1:45 am*

Of late, I have once again begun to practice energy management techniques. These usually take the form of qi gong work, together with some of the other kinds of energy techniques. Yesterday I did several qi gong routines. The aim these days is to learn how to communicate with the living energy matrix, that is, the energy around us that is embodied in living things, including human beings and in nature.

I thought to work on how to produce telekinesis by solidifying a portion of my etheric matrix projected out of my etheric body, in a sort of ectoplasmic form. I have been trying to find out if it will also be possible to do this by materializing the earth element enough in order to move things. I also

worked on chakra clearing since there was some heavy energy around my chakras.

While lying in bed, I began to shift and shake from left to right and vice versa, slowly at first, in order to stretch out the "bonding force" talked about in V Van Dam's book *The Psychic Explorer*. I practiced freeing parts of my etheric and astral bodies. I would free my hands, then my legs. Then I sat upright in bed to touch my back. While going through all the motions, I would touch different parts of my non-physical bodies: face, hands, and torso.

Then I “stood upright” to separate out of the physical shell. First, I sat up, then stood up, then moved my feet to the side and finally moved away from the physical body. One of the aims of this trip was to experiment with the elements. The first was the earth element. Using mental concentration, I kept accumulating it around me to the point where I began to feel like I was manifesting a new body! I did not even want to return to the physical, that was the feeling created by this experiment. I finally released this element to free myself of it and to return to the physical body before moving on to the next element. As I did so I could see various chunks of 'physical' matter dissipating from my non-physical bodies (etheric and astral). I also found that it was a little difficult to perceive well while saturated with the earth element.

The next experiment was to play with the air element and to contrast it with the earth element. This time I did not face the difficulties I had with the earth element, also because the nature of the experiment was different. With the air element, perception was clearer and there was no great desire to remain away from the physical body. After experimenting with the two elements, I decided to complete the work for this round.

## 7.62 Spiral electromagnetics around the eyes

*Tuesday, May 09 2006. London. Start – 1:00 am; End – 1:45 am*

I made a number of observations tonight while listening to The Monroe Institute's Lifeline take home tape.

The first observation was that intracranial sounds are not always uniform. Often (in my case) the left hemisphere is more active than the right hemisphere. This could also be due to the kind of activity that corresponds to respective hemispheric activation. For instance, focusing on visualization, I notice that activity in the right hemisphere increases, leading to 'louder' intracranial sounds from this hemisphere.

Today during the exercise, I focused on holding the image of a white ball of light in the centre of my head. This image seems to have the effect of synchronizing both hemispheres. There was synchronized activity, even when I stopped imagining the ball of white light. I think I may not have noticed this before and also that hemisync always synchronizes the intracranial sounds regardless of whether or not the ball of white light is imagined.

As the tape drew to a close, the synchronized hemispheres fell into disharmony. This should be an area I can explore more in the future, to find out perhaps at what focus level the hemispheric synchronization begins (at least in my case). The "gluing effect" is a phenomenon which occurs when the etheric body is too firmly bonded to the physical body. This (as has been pointed out before) can occur for instance with an increase in physical activity or exercise. The effects are reversed for instance during times of hunger/fasting, fatigue or sickness. The "gluing effect" can affect the separation of the astral body during projections.

I had to grapple with this effect during this trip. While proceeding from the lower focus levels (focus levels 12, 15, 21) to the higher ones, I experienced strong energetic currents transitioning from my left eye to my right eye. I reasoned that this effect was due to the increased energetic exercises I've been undergoing lately. It also just occurred to me as I wrote this, that the focus levels 12,15 and 21 govern the transition from the etheric realm to the astral realms beyond focus 21. Since this effect was not experienced after entering focus 21, it has to have something to do with the etheric nature of

focus levels 15 to 21, where one deals with energy, otherwise known as qi or prana in Chinese and Indian systems respectively.

## 7.63 Earth's etheric pathways hijacked in focus 21?

*Monday, August 21, 2006. Corsica. Start – 10:00 pm; End – 11:00 pm*

It has been a while since I recorded any activity from the subtle realms. Tonight's trips happened at the beautiful 'Auberge de la Foret', up in the Corsican mountains, after quite a bit of energy work (qi gong). It was however a take home exercise into exploring focus 21. There were a couple of points of interest.

First was the intensity of perception that occurred while in focus 12. I intended to go deeper and deeper into this level of awareness. The result of this attempt was what seemed to me as a video of images from deep within my subconscious mind, playing back to me to observe.

Next, I found that there are beings who live in the planes or realms of focus levels 15 to 20. As mentioned before, these levels can be represented by certain colours which can be used to access the respective planes. This is done in the *Gateway Voyage* program at TMI. I suspect that the beings seen between focus levels 15 and 20 are some form of energetic or devic beings or other beings projected into this region, just like myself. In any case, this line of thought is worth investigating further.

Now to report the happenings at focus level 21. Upon arrival, I noticed that the bridge at focus 21 was 'broken'. The bridge itself is a construct from TMI, a way to perceive the transition from etheric levels (focus 15-20) to the astral levels (focus 22-27). The 'bridge' can be seen as a vortex or a portal or sometimes as a tunnel.

I was a bit surprised to perceive the bridge in a 'broken' state, especially because that was the first time to ever see it like that. I attempted to cross anyway, in order to enter into and travel through the realm of focus 21 only

to end up somewhere in space with a funny looking space ship in front of me! It resembled a gua'uld ship from Stargate SG1 Sci-Fi series.

I was beamed aboard the ship, but because I was a bit peeved at having deviated off course, I left the ship of my own accord in order to return to where I was in focus 21 and to begin all over again. Upon returning to focus 21, I attempted to travel once again. This time I ended up again in space but in front of another huge space ship that had the shape of a disk. Not wanting to wait to find out what would happen, I focused on returning to focus 21. Exploring focus 21 for the third time, I found a tunnel (vortex) only that this tunnel was blocked. It literally looked like one of those tunnels that cars go through to avoid going over or around a mountain, only that for this tunnel I was investigating, there was a 'door' placed at the entrance, sealing it completely.

I then began to generally examine various etheric gates in focus 21. What I found out was that some of them seemed to have been 'burned out' and may be out of use. I do not know why.

Still interested in traveling through focus 21, I sent out a request (intent) to access a gateway that is still in working order. And a gateway I got! It must have been a minor one.

*The Alterans*

This gateway I accessed took me to a world where the inhabitants literally floated from place to place. It was almost like flying, only that they did not fly but they floated. I saw a number of them holding a rod of sorts in one hand. They referred to themselves as 'The Alterans' and their demeanour really reminded me of the 'Idealons', from the Sci-fi TV series *Farscape*. On their world, I saw a building which looked like a gourd (i.e. two spherical pieces joined together, a smaller one on top of the bigger one) which was purple. They seemed to be an advanced spiritual and technological culture. On the way back, I exited from underneath a fairly large rock. It looks like I took another 'minor route' or gateway back. Most of the time upon returning from exploring realms in focus 21, I either came over a bridge or came through a tunnel.

## 7.64 Further exploration of gateways and space

*Tuesday, September 12 2006. Corsica. Start – 6:38am; End – 7:10am*

This morning I used fractional relaxation to calm down before attempting to project out of body. Focusing first on breathing patterns and then on intracranial sounds, it was possible to calm the mind considerably. This led to the opening up of the amorphous tunnel field which allows one to project out. The tunnel field was initially unstable. The vibratory state had to be increased one way or another, to maintain a stable tunnel. Using the intracranial sounds to modulate the speed of vibration, it was possible to increase the vibratory state and subsequently, to stabilize the tunnel in order to get out.

It was also useful to visualize the second body to "see" which parts had not separated during the lift-off process. On this occasion, it turned out to be the stomach region and the head region. These are also the two regions I have used extensively in qigong practice (lower & upper tian areas). The qigong practice stores energy in the abdominal region of the etheric body while the practices involving the head region were aimed at increasing sensitivity to the subtle realms through clairvoyance, clairaudience and clairsentience. Energy used in these practices strengthens the "bonding force" in these regions, leading to a stronger "gluing effect" here as well.

Using will power it was possible to separate the second body from the first in the region of the stomach and next in the region of the head. I visualized a quick 'yank' or separating action in the stomach region. This was immediately followed by a change in awareness. I then visualized the head portion separating from the body. Once the separation was complete, I began to "run" in the astral body, then I began to fly, flapping wings and all. The air was like liquid. This is reminiscent of what I have previously experienced in the dream state.

I found a deep cave preceded by a large rectangular arch. Inside, on the far end of the cave, was a portal/wormhole! I entered it, and upon exiting the wormhole I found myself in space, surrounded by lots of space debris.

Why? Did some kind of space battle happen here? Could it be that one of those space crafts that was connected to the Earth grid got blown away? Or were these just space debris from craft launched from Earth? I was not quite sure. After this episode the journey came to an end.

## 7.65 Projecting as a ball of light

*Wednesday, September 20 2006. Corsica. Start – 4:00am; End – not recorded*

I woke up this morning because one person in the 'gitte' kept snoring louder than usual making it difficult to sleep. A gitte is a French word for 'hostel', for back packers. I am writing this entry while in Corsica.

At first, I wanted to read something from Franz Bardon's book *Initiation into Hermetics* but I was too sleepy to concentrate. As I returned to bed, I focused on getting into a deeper state of awareness with the aim of discovering more "alphabets of desire" (see appendix below)

The result was surprising. Instead of getting into progressively deeper states of awareness, I found it easier to create the amorphous tunnel that precedes an OBE. The tunnel was clearly formed and it lingered. I imagined myself being out, exploring the mountains in the twilight. It worked. This image was really to get me to achieve the separation of the bodies.

Once separated, I reshaped my projected body into a ball of light. With it, I travelled around for a while before making a stop at my special place in focus 27. Traveling in this form was very convenient. The idea was to get to focus 27 to do some more research on some uses of colour, light and sound. These are spiritual technologies.

This projection did not last very long because I was experiencing some breathing problems!! Once separated, I found that breathing was as difficult as it had been in the early initial attempts at projecting out.

It is also worthy to point out that I did some energy exercises before going to bed.

7.65 Appendix: The Alphabet of Desire (September 2006)

The 'alphabet of desire' is really a term coined by the English magician Austin Osman Spare. He came up with a means to
allow the subconscious mind to express itself through symbols that have meaning primarily to the one the symbols belong to.
They are called 'alphabets of desire' because these symbols are actually representations of emotions, the language of the
subconscious mind. In a sense, Spare's system has some similarities with shamanism in providing a system that maps out the territory of the emotions within the subconscious mind.

Spare believed it was possible to come up with a finite set of symbols that can then be used in magical work, very much like letters are used in writing and reading. The symbols can be used as part of seals (sigils) or together with mudras, or visualized, or imprinted into the elements, for example in sand, on a tree, or into the air, with particular intents.

Unlike Spare, I have found that my "alphabets of desire" are more akin to complete ideas. In this respect, my symbols align with the original motivation behind ancient writing systems such as Chinese or Egyptian hieroglyphs or Sumerian cuneiform. By this, I mean that for me one symbol comes up representing something, then another comes up at another time representing something else. For a while I tried to categorize them or to classify them, but in the end, I've decided to take them each for what it represents.

There is a book called *Stealing the Fire from Heaven*. You can check it out on Amazon.com if you choose to. Be sure to find the red one, by Stephen Mace. This book can be a useful magic book. It has some basic ideas on how to create your own "alphabets of desire", however, be aware that Mace's methods have been used a lot by those who align with the 'left hand path' otherwise known as 'the dark side'. For spiritually advanced incarnations, if you are interested in this kind of work, you can come up

with your own methods, or you can use the ones that the dark siders use, for your own purposes. At the very advanced spiritual levels, I think that light side and dark side orientations are simply different sides of the same unified oneness.

## 7.66 Experiencing the life of an incarnation in Italy

*Saturday, February 10 2007. San Jose. Start – 1:30pm; End – 2:10pm*

This afternoon after charging up the energy body (aura) listening to resonant tuning, I used TMI's timeline CD to access the lifetime of one of my incarnational lives in another time period. This incarnation lived in 16th century Italy and was called Pedro. After traveling to that period, I found myself perceiving through Pedro's eyes. He was standing by himself and had leather boots and gloves on (all brown), as well as wearing garments of that era: dark trousers and top with light grey strips. He had no hat on. He looked middle-aged, possibly in his late 40's, with light curly hair running down to his shoulders.

I then moved forward (with my awareness) to another period where Pedro was by himself in a room or place which had a low roof with what appeared to be a horseshoe shaped table. He was working on something, although it was unclear to me exactly what it was that he was doing. That he was doing mental work was clear. Perhaps some form of drafting? It was also clear that this was his workroom or workplace.

It was at this point that Pedro became aware of my presence! Which for me was rather surprising since I didn't expect it. I found my awareness whizzing about the room and finally settling in the central gap of his horseshoe shaped table, as we began to interact in a sort of "conversation". I had the interesting feeling of actually having been 'conjured' by Pedro. How funny that I thought it was me who was doing the investigating! It was during this interaction that I learned his name and the country my awareness was in, and what century it was (the fifteen hundreds).

As we interacted, it was time for my awareness to move even further afield, to a time when Pedro interacted with the outside world. I found myself (him) walking through a market with many stalls made of cloth roofs. Pedro was moving away from the town centre towards a small hill. He was walking briskly as he went up the hillside. At the top he came face to face with a small hut. There, I heard the words "mamma mia" and then saw a large animal (which could very well have been a dog) fall on him, licking him all over in an affectionate manner while wagging its tail. It looked grey all over.

Finally, I moved forward to a time when Pedro had an important experience. Here I saw him naked, on his knees, with his palms together as if in prayer. Standing in front of him was a being that could certainly have been a man. This being had a rod-like object placed on the left shoulder of Pedro. The being also looked fully dressed and was wearing some headgear that looked somewhat like the fish heads bishops and popes wear.

Then my attention was drawn to a small river nearby. Out of this river came a being with a head resembling a dolphin and the lower portion of the body identical to that of a normal human being. The appearance of this being was followed by several other nature spirit beings that surrounded Pedro in a semi-circle formation. Behind him was a really old-looking tree. Pedro was made to lie on his back facing these assembled beings, still naked, with the tree behind him.

The last images I got of Pedro's life was him being taken to the edge of a cliff in a forest and shot in the head by soldiers. He was naked. As he died, his spirit emerged out of his body, looked at the now dead body one last time and moved on. As he moved on, I tried to guide him to focus level 27 but he already knew the place and even raced me there!

## 7.67 Retrieving souls after Haiti's 2010 earthquake

*Thursday, January 21 2010. Southampton, UK. Start – 3:38am; End – 4:55am*

This report is a record of yet another way to render service to the situation in Haiti through the application of direct spiritual means. It occurred to me to visit Haiti personally through soul travel in order to render assistance to some souls who have passed and who may need help moving on. Visiting Haiti personally was also to give me the chance to observe first-hand what the situation is like on the ground.

*Before the mission*

After separating my soul from my body, I travelled to the higher astral region to meet up with groups of souls that are actively working with the situation on the ground in Haiti. My intention was to be of assistance to some souls that had passed and were prepared to leave the surface in order to transition to the astral plane. There are many groups working to help souls in Haiti, it was not difficult for me to join one of these. Some of these souls were discarnate, some were temporarily out of body like myself.

*Descent*

On the way down from the astral region, I could perceive at least four large spirals moving from the surface of the island into the astral regions. These spirals are beacon guides leading souls who are ready to leave the surface.

*Military presence*

Once on the surface, I perceived some military aircraft and was surprised to find non-conventional aircraft such as the SR-71 Blackbird-type craft (stealth plane), together with regular large airplanes and other jets. What are these doing here, on a supposedly humanitarian mission? These have not appeared in media coverages, I thought.

*Hustle-and-bustle under the rubble*

Now on ground, I found myself with a distraught individual who had his face buried inside his palms as he sat by his now deceased physical body. This was the first individual I was to help. It took me a moment before communication began. As it sometimes happens with these missions, one often gets help from spiritual guides. One is also led to specific individuals who one can be of assistance to. The words came into my mind. Communication began by consoling this individual and explaining that life

does continue after death, also explaining the nature of spirit existence, its difference from physical existence and some of the rules that apply. Since this individual was prepared to move on (not all who have recently passed are) we made some progress, he agreed to leave his now no-longer-working physical behind, and we moved on, up into the astral regions. There was further help for him there. Other souls took over.

Upon returning to the surface, I decided to view the wider context of the disaster and to experience the plight of recently passed souls who may not yet be ready to move on. What I experienced next can only be described as an 'ocean of souls'. I had to exclaim! (Oh, wow) Many, many souls! Those souls in this category are not yet aware that they had passed and can be compared to humans who are in shock. Sometimes souls can be assisted only when they are ready, yet there is always an opportunity to assist if one lends one's 'helping hand'.

The next group I experienced were those who were aware they have passed and who are having heated discussions among themselves about the situation. They were still on the surface but they were communicating with each other. These ones were not yet ready to pass on. Some were angry, some were distressed and some were still communicating with (or trying to communicate with) their families and with people they know. In this respect, one could perceive a lot of talking both by humans still alive and by souls recently passed over, who were speaking amongst themselves as well as attempting to make communication with their loved ones.

There was then a concerted effort by many souls on the astral rescue mission that I had joined to penetrate the surface of the rubble to find humans both alive and deceased underneath it. This was an emotional part. There are still people alive under the wreckage! There was moaning by some. Some are slowly reaching the point where they pass on and so the astral rescue groups were there to provide support for both alive and deceased, but mainly for those who had passed on. It is incredible that there are some still alive underneath the rubble. It was here that another opportunity arose to help another individual. This second individual was also ready to move on into the spiritual regions, yet he was different from the first in the sense that he was willing to go straight on.

*The Streets of Port-au-Prince*

These streets are now occupied by the living and those who have passed and are still on the surface. I saw a woman lying on the ground, on her side, just as she was passing onto the other side.

*The ominous 'thing' under Haiti*

The creatures of the ocean are also distressed by the occurrences in Haiti, and so are some of the nature spirits. I was shown parts of the ocean and parts of the landmass, massive, massive land mass. Then I was shown this weird thing with a negative vibe, under the ocean around Haiti. I'm not sure what it is, whether it is some kind of underwater device or not, but it gives off a bad vibe and it has distressed the sea creatures.

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# 8

# JOURNEY INSIGHTS

In this final section of the journal entries for the 67 entries, I reflect on some of the trips I made and what I learned during those trips. In this way, I am treating the experiences I had as “data”. I am analysing this data to come up with some summaries and insights that emerged from what I perceived. This can be a helpful way to glean some “findings” from the perceptual experiments I did on those trips.

### 7.1 The dream that that turned into an OBE?

Summary/insights:

a) It is possible to experience an OBE, starting from the dream state.

### 7.2 Out at last!

Summary/insights:

a) Achieving the vibratory state is key to getting out of body.

### 7.4 Playing with Dolphins and Water Elementals

Summary/insights:

a) The real possibility of the existence of beings of the water element, which work with water creatures such as dolphins and whales.

### 7.5 In-and-out exercises with helpers

Summary/insights:

a) That there are entities known as "helpers" whose purpose is among other things to help individuals new to out of body journeying. They sometimes work individually or in groups. Some of these "helpers" could also be human incarnations, only in projected form.

### 7.6 First attempt at exploring various Monroe Focus levels

Summary/insights:

a) The phasing in and out that occurs when one moves back and forth from the out of body state corresponds to the Monroe focus levels in the sense that one can get out of the body and then while in the out of body state, travel at the level of focus 15 or at the level of focus 21 or focus 25 as examples.

**7.7 Retrieval of R B after death**

Summary/insights:

a) It is indeed possible to help those who have just "passed" (died) through out of body work, as was the case in this experience. The help offered usually involves helping the soul of the deceased person to leave the Earthly realm (physical and etheric) and to travel to the astral realms, where more help can be rendered by other beings/entities.

**7.8 Exploring and experimenting at Monroe Focus Levels 8 - 14**

Summary/insights:

a) Learning from experiments what the pre-F10 focus levels are like, on a subjective level, can be useful
b) It is possible for beings from higher densities to come to the astral level in order to interact with Earth incarnations. This statement comes from the interactions with the "lion beings", who were "guests" at my 'special place' at focus level 27. I met these beings during the Starlines program at TMI.

**7.9 Exploring Earth Poles and Jupiter**

Summary/insights:

a) The importance of pre-projection phenomena such as intracranial sounds and the "light tunnel" leading to success
b) Experiencing Earth being bombarded from space by a doughnut-shaped object. Could it be some kind of a space ship?
c) Experiencing the sight of the planet Jupiter while in the out of body state.

**7.10 The biracial experience**

Summary/insights:

a) That it is possible to travel in the focus 15 state, through time, to witness other incarnations common to one's Higher Self.

**7.11 Journey to the Inner Earth and to Focus 27**

Summary/insights:

a) While in the out of body state it is possible to visit the inner Earth realm if intent is focused on going to the inner Earth realm.

**7.12 Example of a blank projection**

Summary/insights:

a) "Blank projections" are likely a result of low lucidity levels.
b) In a "blank projection", very little is perceived visually.

**7.13 Journeys to the past, the future and to subtler levels**

Summary/insights:

a) An out of body traveler may meet other beings in the higher densities who may know the traveler (or at least the traveler's energy) but who the traveler may not consciously remember as a friend. This was the case with a being I met on this journey at focus levels 34/35.
b) That one can actually find Higher Selves at focus levels 34/35, which corresponds to cusp of 5$^{th}$ and 6th densities.
c) That time travel is possible, not only to the past, but also to possible future time periods.

**7.16 Orion and Sirian worlds and the Inner Earth**

Summary/insights:

a) This trip led to the discovery that there actually might be other (space) worlds that promote large coliseum-type games for the entertainment of their populations, and that this kind of activity is common in some worlds controlled by the Orion and Sirian empires. The investigation of this possibility was the purpose of this trip.

**7.17 Visiting Venus and fire beings in the Sun**

Summary/insights:

a) There are elemental-type beings living in the energy of the sun, who have specific purposes. The being I met on this occasion was a 'no-nonsense' type.
b) At the center of the Sun, there are gateways/portals that allow travel to other star systems, and other realities.
c) The possibility of life/civilizations in the inner dimensions of the planet Venus.

**7.20 Coordinating Intelligences**

Summary/insights:

a) Some of the beings that act as coordinating intelligences at focus 27 have very high/powerful energy which is commonly found with some beings in the higher densities.
b) For me, the reception of a ROTE is similar to receiving incoming clusters of energy, sometimes amorphous, sometimes with a regular shape.

**7.21 Nonhuman intelligences, planning centre, Beyond F27**

Summary/insights:

a) Incarnates not on the Earth human path (Simultaneously incarnating Higher Selves) reside in different areas of the astral from those inhabited by discarnate Earth humans.
b) It may be possible to experiment with different Earth life scenarios using holographic means while at the Planning Centre at focus 27.
c) It is possible to experiment with projecting out of one's astral body into one's 'mental body' from a place on the astral plane such as one's 'special place'. This is an individual place created at focus 27 where one can return to when out of body, during sleep or after one dies.

**7.22 Earth Core 27, and Focus 34/35**

Summary/insights:

a) It is possible to meet advanced Earth spirits at Earth core 27. The Earth core focus levels parallel the regular focus levels except that the Earth core focus levels delve inward more and more into Earth consciousness and eventually arriving at the core. Exploring the

regular Monroe focus levels occurs in the opposite direction, in the astral fields 'above' the physical Earth surface and out into space.

b) The being I met on this occasion was aware of the Graduation Key and was also aware that once the Earth graduates, its next node/destination is unity with the consciousness of the Sun.

c) It is possible to travel back and forth between the Higher Selves who are incarnating on Earth and those incarnating on planets in other star systems. The Simultaneously incarnating Higher Selves on Earth have a higher vibration than those I experienced while visiting other star systems.

**7.25 Timeline exploration – an incarnation in Atlantis?**

Summary/insights:

a) It is possible to travel through time to experience what life was like at a different time period through one's incarnation(s) living during that time period.

b) During this trip I experienced Atlantis or the Mayan culture as having some technology, architecture and some beings different from what we find in the current modern time period.

**7.26 Dimensional portals; Meeting beings on Ancient Earth**

Summary/insights:

a) The existence of dimensional portals/gateways that lead to different places in "space/time", and which can be accessed through the out of body state.

b) It is possible to travel to the far past (in terms of Earth's history) to meet beings that lived on Earth a long time ago.

**7.27 Time travel to the future**

Summary/insights:

a) Through this trip, I was able to work with my Higher Self to resolve some old issues relating to past (possibly non-Earth) interactions with other beings.

**7.32 Visit to Nibiru**

Summary/insights:

a) It is indeed possible to visit this artificial planetoid while in the out of body state, although the planetoid seems to have some sort of energy field around it which during my trip, only allowed entry through certain 'points'.
b) One may experience different civilizations on this world. I even saw a musical instrument that looks something like a piano.

**7.36 Astral encounters and Earth Core focus levels**

Summary/insights:

a) It is possible to encounter incarnates in the Belief Systems Territories which take the guise of other famous incarnates, masquerading as them. Also, one can come across dark beings in the Belief Systems Territories. The being I met was Okomfo Anokye, or masquerading as him. Okomfo means 'traditional priest'. Anokye was the greatest shaman of the Ashanti people of Ghana, and was known to have 'brought down from heaven, with thunder and lightning' the Golden stool, the soul/symbol of the Ashanti people, in front of a large gathering of the Ashanti, during a festival. Even today, this stool still exists and is treated in most unusual ways that typifies how some 'objects of power' are treated.
b) It is also possible to travel to different 'areas' in these territories. On this trip, I travelled to the Nordic territory and the territory of the Ashanti.
c) At Earth core 24, it is possible to meet beings that are more of 'group mind' entities. The entity I met appeared formless or amorphous and as I communicated with it, I could hear an echo of voices, or several voices. This amorphous entity could morph into one particular creature, upon request.
d) At Earth core 25 I met human-like beings (elves?) as well as animal-like beings. Some were very playful. Others could have a menacing look.
e) Earth core 26 had many beings that looked part human and part animal, like centaurs etc.
f) Earth core 27 has advanced nature path beings.
g) Earth core 34/35 moves consciousness away from Earth to 'other places'. The same can be said for higher Earth core focus levels, although TMI officially goes only up to EC-27.

**7.40 Inner Earth Beings and Communities**

Summary/insights:

a) One can find caves and underground rivers that sometimes lead into the inner Earth.
b) It is possible to encounter both nature path beings/elementals and Higher Self incarnations while exploring the inner Earth. I was guided by a birdlike being that once morphed into a human-looking entity while visiting one of the communities.
c) The first community I explored was deep in the woods and was inhabited by Native American-looking people living a simple life.
d) The second community was quiet and peaceful, resembling a monastery somewhere in Asia. Lots of geometric architecture, sparsely inhabited.
e) The third community was a full-scale city that looked like it came right out of an alien world. The inhabitants were human-looking.
f) The fourth community was inhabited by ape-looking humanoids who lived in a jungle and could communicate through their minds, and who were not very open to explorers visiting their realm.
g) The fifth community was up in the mountains. It looked like the entire city was supported from underneath, like a huge disk with several cylindrical columns underneath for support.
h) The last community I visited during this trip was fantastic. It was a place inhabited by human giants (maybe 15 feet tall, or less) and was partly technologically based and partly not.

**7.42 Visit to pulsar at the Crab Nebula**

Summary/insights:

a) The interest to make this journey came from another trip which was part of the Starlines program. During that program, we used an alignment of 3 pulsars to create a gateway to access the galactic core.

**7.45 Exploring Jupiter, Saturn, Uranus and the Sun**

Summary/insights:

a) During the exploration of Jupiter, I found some nature path beings, both on the planet and on Io, Jupiter's moon.

b) During the exploration of the planet Saturn, I seemed to require 'permission' to explore certain parts, like the planetary core. There were some interesting beings on this trip and the planetary core experience was exciting.
c) Jupiter and Uranus seem to have dimensional portals at their core that lead to different places. Jupiter's portals seem to lead to all kinds of places while Uranus seems to have gateway at its core that "launches" consciousness to far out places.
d) It is possible to travel through portals at the center of the Sun, to other stars and even to the galactic core. However, one can travel to the galactic core without going through this path.

**7.46 Visiting Epsilon-Lyrae and Vega star systems**

Summary/insights:

a) Part of my interest in exploring these stars is their connection with pathways leading to the galactic core, and to higher densities.
b) Some of the beings met at 5th density (focus 34/35) and above can be very matter-of-fact in their communication. This was the case with one very exciting being I met, that seemed to have many human-like qualities in its expression.
c) One may also meet beings whom one may feel an affinity towards. One being I met on this trip was an entity gestalt-type being that communicated as "we".
d) Black holes can have a strong pull even on projected consciousness.

**7.47 Meeting key devas of the elements**

Summary/insights:

a) Some of the advanced beings of the elements seem able to recognize a projected person for who he/she is.
b) From the experience of dealing with Water and Earth devas it would be wise to exercise caution as these can be tricky and may try to steal or use the projector's energy in their tricks or may test the projector in other ways, even with attacks.
c) Actually, it would be best to exercise caution when dealing with all the beings of the elements while projected, although Air beings seem to me to be the easiest to deal with, followed by Fire beings.

**7.52 The remarkable Azam from an alternate energy system**
Summary/insights:

a) Traveling in focus level 21 can be great fun, as this etheric level lends possibilities to visit different civilizations/worlds and to meet some very interesting beings.
b) The being known as Azam comes from a world where the inhabitants look like deva-type entities which are individualized enough that you can interact with one of them without feeling that you're communicating with a group mind. Azam looks like the Sonic character in the Sega video game series, or like Gotenks from anime show Dragon Ball Z, when he is in the Super Saiyan 3 state. Also, Azam's kind can roll up into a ball, in which case they look like a hedgehog, or unroll, in which case they then look humanoid, only with a long bushy mane. So, in fact, very much like Sonic. Also, I had this experience long before watching any of the Dragon Ball series.
c) Azam's world had no central star. When I asked why, I was told that his kind can manifest whatever energy needs they had directly from the energy found in space.
d) During this trip it was possible to morph into a shape that resembled the beings on this world, although that was mostly for fun.
e) Their kind are apparently known as the Cree-o, or Cree-a. Sounds something like that.

**7.56 Conversing with a representative of the planetary spirit**
Summary/insights:

a) The interaction with a being that referred to itself as something sounding like U-Ma-Ma, or U-Ma-Na. This happened at Earth Core 27.
b) The main purpose of this trip was to find out for myself whether the Planetary Spirit was really graduating/leaving, despite all I had read and even after seeing the Graduation Key on previous occasions.
c) I learned that the Earth being "is proceeding according to plan and that it would leave the planet in the time to come". There were images of what the planet may look like once the Earth Spirit leaves.

d) The rest of the trip was spent morphing into different forms at different Earth Core focus levels, and having fun with that.

**7.59 Journey to the Procyon star system**

Summary/insights:

a) The purpose of this trip was to find out about whether some of the "Time Lords" reside in this star system. The "Time Lords" are said to be a group of beings that are in the Galactic game, but not of the Game, in the sense that they play differently, acting as 'referees' and among other things, ensuring that the rules are followed.
b) The planet I visited was lush green and had lots of water.

**7.63 Earth's etheric pathways hijacked in focus 21?**

Summary/insights:

a) It occurred on this trip that traveling through some of the etheric portals at focus 21 led to ending up on space ships (or in space, in front of a ship) rather than away on adventures to other worlds.
b) This led to the suspicion that some of these etheric passage ways are probably being tampered with/hijacked, especially as it happened a couple of times.
c) On a third attempt, one passage way actually seemed 'blocked'.
d) After examining some of the 'etheric gates' at focus 21, some of them appeared to also be 'burned out' and out of use. I do not know why.
e) Upon setting intent to travel through alternative passage ways it seemed possible to still journey to other worlds.
f) The world visited this time had inhabitants who were floating about and held a rod or sort of stick in one hand. They referred to themselves as "Alterans", at least that is what I could make of it. They reminded me of the 'Idealons' from Farscape season 4, and the Peacekeeper Wars.
g) One particular fascinating building structure on this world was a building that was made up of two spheres, a smaller one on top of the larger one, making the building look like a gourd. This culture seemed a bit advanced.
h) On the return journey I exited from beneath a large rock. This led me to suspect that the passage way used on this journey was a

minor route through the etheric network of the planet, one that had not yet been tampered with. If that is the case, then at least it is still possible to travel to other worlds, from focus 21.

**7.66 Experiencing the life of an incarnation in Italy**

Summary/insights:

a) This incarnation of mine lived by himself. I experienced his incarnation as a middle-aged man. He was aware of my presence and interaction with him.
b) In one experience I found myself in a market, then started walking up a hill where Pedro lived in a small cottage.
c) In another experience, Pedro was naked and receiving some sort of initiation from a ceremonially dressed man, while Pedro was on his knees. This happened out in nature.
d) This incarnation died by being taken to the edge of a cliff where soldiers shot him in the head. He was naked.
e) As he died, his spirit moved out of his naked body and moved on. I tried to guide him to focus level 27 but he seemed to know the place and was going there anyway, so we raced there. He had a glow in his astral body.

**7.67 Retrieving souls after Haiti's 2010 earthquake**

Summary/insights:

a) Most of the souls of deceased people I encountered during this astral mission were in so much shock that they did not realize that they had passed on after death. These souls were still frantically trying to communicate with one another and with their loved ones.
b) There was an object beneath the ocean that was sending off a very negative energy that was distressing creatures in the ocean. Did this object have anything to do with the earthquake? I did not ascertain that during this trip.

# GLOSSARY OF TERMS

**Absorption -** a word that has many meanings. In the context of this book, it refers to absorbing bio-energies to be incorporated into the physical body.

**Ashanti** – also and properly known as Asante, they are the subgroup of the Akan people of Ghana and Ivory Coast. Their ancestral history is replete with stories of valour, myth and legend. One of their most famous medicine men from history and legend was called Okomfo Anokye. He was known to have brought down a golden stool from the sky, which then served as a symbol for the Ashanti people.

**Balloonment** – a term coined by IAC. It refers to the expansion of energies in the energy/etheric body, giving the perception of being in a balloon.

**Belief Systems Territories** – area in the astral where all proponents of all kinds of beliefs (religious and other) congregate as a result of first of all them believing that is where they would end up after death but also because they get attracted to respective locales because like-minded individuals attract each other as a result of the first law of the universe: "like attracts like". This is a term that comes from Robert Monroe's nomenclature.

**Bi-location** – when one's consciousness seems to be aware of being both in the physical body and in the astral body. Bi-location can occur when there has not been a complete separation between the physical and the astral bodies.

**Bonding force** – this is a force that binds the physical body to the astral and works through the etheric body. More on this force can be found in the early chapters of the book *The Psychic Explorer* by V. Van Dam. Lots of physical activity (sports, manual work) can increase the strength of the bonding force. Lots of energy work, such as qigong and tai chi, can also increase the strength of this force.

**C-1** – this term denotes "normal waking consciousness." It is part of the common parlance used at The Monroe Institute.

**Chakra –** these are energy vortices that interpenetrate the physical body at various locations, such as the crown or top of the head, in between and slightly above the two eyes, at the solar plexus and at a number of other locations. The word 'chakra' derives from Hindu spirituality, and is said to mean 'wheel'.

**CHEC Unit –** this is an acronym that stands for "controlled holistic environmental chamber". The CHEC units are the individualized units that participants at TMI use during audio exercises and also for sleeping at night. These units are equipped with head gear/earphones and are made comfortable to allow program participants to lie down as they go through the tape experience.

**Click out** – this is a term that describes a loss of conscious awareness while going through an experience in an altered state. Awareness normally returns later on during the experience or often at the end of it when "it's all over". It is important to mention that although it may seem as if the entire experience is lost, that is not the case since other parts of our total being record every experience we have. This term "click out" is used at *The Monroe Institute*.

**Deva** – a Hindu term used to refer to a divine being. These include beings of the elements.

**Discoincidence** – occurs when the subtler bodies separate and are not coincident with the physical body. It is basically a big word for *separation* of the subtle bodies from the physical. This term comes from Waldo Vieira's paradigm and is used at IAC.

**Earth Core focus levels** – in the Monroe Institute's Exploration 27 program, participants travel in consciousness into the dimensional and density realms beneath the surface of the Earth. These realms are classified in this program as the "Earth Core" focus levels, eventually leading to Earth Core 27, where one can interact with some advanced Earth nature spirits.

**Elongation** – a technique for consciousness projection wherein the astral body stretches beyond the confines of the physical body so as to loosen it and to make it easier to project out of the body.

**Energetic shower** – a term used at the *International Academy of Consciousness* (IAC) to describe strong energy flows through one's energy field. While in the physical body, they may appear as energy flows that suddenly run through the entire physical and etheric bodies, or they may manifest as energy running through the spine, etc.

**Exteriorization** – this is when energies exit the bio-energetic field of an individual, into the environment or to another individual. It is yet another term used at IAC.

**Focus level** - These are levels of awareness that can be accessed as one phases out of normal waking consciousness. They include etheric, astral, mental and other levels of awareness. The term is used as part of Robert Monroe's nomenclature.

**Fractional relaxation** – (also see psychophysical relaxation)

**Gluing effect** - a phenomenon which occurs when the etheric body is too firmly bonded to the physical body. This can occur with an increase in physical activity or exercise. The effects are reversed for instance during times of hunger/fasting, fatigue or sickness. The gluing effect can affect the separation of the astral body from the physical body during projections.

**GOTOS** – a being mentioned in the book Fire and Ice and is/was connected with the German esoteric group Fraternitas Saturni, which was partially set up through the influence of Aleister Crowley and his British groups.

**Group-mind entity** – this is an entity that is the mind of a collective. For example, certain animal or plant species have a group mind.

**Higher Self** – the part of the personality that serves as the guardian spirit of the personality. This is a greater part of you that represents a totality of your

experiences over numerous incarnations. Your Higher Self sees to your best interests in guiding you to reach realization.

**Hypnogogic state** - A state of consciousness one enters before falling asleep, that is typically characterized by the appearance of images in the mind. Such images may for instance represent events that occurred during the past day.

**Hypnopompic state** - A state of consciousness one enters before becoming awake, that maybe characterized by drowsiness and the appearance of dream images (recollection) in the mind.

**Inner Earth realm** – within the Earth's crust, there are catacombs that hold life. These catacombs have been known to hold life for a very long time, and have been in the stories and legends of indigenous Africans and Americans for generations. Recent reports from various writers also identify regions within the Earth where other civilizations exist. Having visited many of these communities while out of body, even before reading more about them over a decade later (e.g. the existence of communities of "giants" in the Inner Earth), and having experienced more phenomena there than I have yet read about, I can say that the subject of the Inner Earth is very interesting.

**Intracranial sounds** – these are high pitched sounds that one can hear in various forms: either as a ringing sound or sometimes the sound of static etc. The cause of this is the high frequency vibrating higher chakras such as the crown, 3rd eye, etc. In fact, the entire head region could very well be vibrating.

**Lucidity** – the ability to perceive very clearly and distinctly what one is experiencing.

**M-field** - a term Robert Monroe used in his trilogy of books to describe the energy that pervades all of existence. All conscious beings are made of this substance and can imprint it with their awareness and experiences.

**Memory room** – during the Starlines program at the Monroe Institute, participants journey to a place called the "memory room", a locale on focus level 42 corresponding to sixth density. There is a station at this level with "memory rooms" where individuals can journey to and access memories of other lifetimes and involvements. It is a repository of information pertaining to a given soul's journey and experiences.

**Monroe Focus level** – see "focus level" above.

**Mudra** – these are hand movements that have meaning. The word derives from the Hindu tradition. They are used in magical practices, as those hand movements can represent intentions and energetic signatures.

**Nexus of time** – a term introduced in the Matrix V Gold series that refers to a structure in the Higher Self that corresponds to a collection of the incarnational streams and energies that pool into one locus. From this locus, it becomes possible to access the various experiences of each incarnation across time and space.

**Null point** - This can be described as the central point or line of propagation in a vortex.

**OBE** – this stands for out of body experience.

**One-Breath technique** – it is a technique that combines breathing and intent in order to move to different locales while out of body.

**Pic-code** – this should really be called PIC, as it stands for personal identification code. It is similar to the way telephone operators say PIN number, when they should really just say PIN. In any case the PIC is a personal energy signature that is used to "remember" where an explorer has been. It is an energy signature used to anchor personal energy in a place so that an explorer can have an easier time finding their way back to that place where the PIC was implanted. This term is used at *The Monroe Institute*.

**Pull a skip** – a phrase used in Robert Monroe's book *Far Journeys* to denote long journeys that discarnate entities make on their own, when

separated from larger travel groups.

**RAM** – stands for "Robert Alan Monroe". That was Robert Monroe's full name. The term RAM also appears in his published works.

**Rebal** – this is a term used at *The Monroe Institute,* which stands for 'Resonant energy balloon'. It is a protective field projected around the physical body before venturing out on out of body trips.

**Resonant Tuning** - a term used in Robert Monroe's nomenclature to describe listening to certain sound frequencies to possibly initiate a vibratory state in one's aura.

**ROTE** – this stands for Received Organized Thought Energy, and it is a term used by Robert Monroe in his books to describe a form of communication that happens between beings out of body.

**Ruyi Zen** – a form of qigong created by accomplished Chinese artist and qigong master Yi Wu. Ruyi Zen means "as you like it". The practice of this method of qigong unites Heaven and Earth, creating an energy conduit for universal energy to flow through. It is a powerful qigong style for working with the higher energy centres – crown, 3rd eye, and throat chakras. If they are still there, you may find the Yinyang Institute in midtown, New York City, at 146 East 55th street, New York, NY 10022 (on the 3rd floor, between Lexington and 3rd Avenue). Master Yi Wu, and his wife Rong Er Shen, were my first qigong teachers, when I began energy training around 2003. Master Rong Er Shen was designated principal teacher for Soaring Crane qigong in North America by Master Zhao Jin Xiang, the originator of the form in China. From these masters, I learned Soaring Crane, Standing Meditation and Ruyi Zen at their school.

**Second body** – the first body is the physical body. The second body is the energy or the non-physical body. This is the body that our consciousness inhabits during dreaming.

**Second death** – this occurs after the physical body dies. This "second death" occurs with the death of the etheric double, which then frees the

astral body to go into the astral planes. Before this happens newly dead souls still remain on the surface and sometimes even try to participate in Earth life although to no avail. They can perceive what is happening in the physical plane because they are in their etheric doubles but they cannot participate. They end up as ghosts.

**Sigil** – also known as a seal. This is a symbol imbued with spirit energy, that can represent a spiritual being. Knowing the sigil or seal of a spiritual being can allow one to get in contact with the being. This practice is often used in ceremonial magic.

**Special place** – this is a place one creates when they take the *Exploration 27* program at The Monroe Institute. It is an abode on the astral plane where one can go to while out of body, or after physical death. It is your own place on the astral.

**Standing meditation** – a form of qigong (or chi kung) energy practice where one's body torso is stationary while performing energy work in a standing position. During this exercise, hand movements and mind concentration guide the movement of energy.

**The Game** – this is a term that refers to the experience of incarnating in physical reality, to accumulate experiences in polarity. It is a "game" because these experiences are real from the perspective of the physical body. The spirit being having the experiences is learning by being a player of one kind or another in the incarnational game.

**The Tunnel** – when projecting out of body, one often brings up a tunnel, also known as a vortex or a wormhole, through which consciousness gets pulled, in order to make the trip.

**TMI** – stands for "The Monroe Institute". TMI is a global institute for the expansion of consciousness. It is located in Faber, Virginia.

**Vibratory state** – a method through which one deliberately induces a high state of vibration in the aura, also known as the bio-energetic field. It is

advantageous to install a vibratory state prior to attempting to project out of body.

# ABOUT THE AUTHOR

Kwame Adapa is an intellectual and a spiritual being with diverse interests, currently incarnated in an early middle-aged male Akan physical body. He strives to achieve mastery of self, on the physical, emotional, intellectual and spiritual levels of experience while incarnated. Kwame has been writing about and sharing his thoughts and experiences for a decade and a half. Recently, he has been guided to reach a wider audience by sharing his experiences and thoughts with the world. Kwame continues to expand the limits of his knowledge and experience and he continues to develop himself spiritually. To this day, Kwame still practices the out of body projection skills he first learned in 2005, as well as other methods from internal alchemy. Get linked with Kwame:

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## OTHER BOOKS BY KWAME ADAPA

*The Akan, Other Africans and the Sirius Star System: Egyptian and Sumerian gods in African culture* – The traditions and the culture of the Akan people of West Africa are a treasure trove of clues to an ancient past, linking to extraterresterials associated with the Sirius star system who influenced the ancestors of the Akan and other Africans.

*The Guardians, Earth Humans, and Ascension: Spiritually hacking your awareness and DNA* – as a sequel to The Akan book, this book discusses the guardians and the Earth human experiment in significant detail, including but going beyond the Akan and other Africans, to human groups from across the globe. There is also a discussion of techniques to bring about spiritual ascension. These techniques ultimately come from the guardians.

*Dreaming Consciously: Extraordinary journeys and the exercises that created them* – An account of over 60 non-ordinary lucid dreams and lucid projections of exploration in nature spirit worlds,

extraterrestrial encounters and trainings with spiritual masters in dream realities. These accounts are shared together with the psychic and energy exercises that helped create them.

## DID YOU FIND ANY TYPOS?

Although I went to great lengths to find and remove any typos, there is a chance that you might have chanced upon some. In the event that you did, I would very much appreciate a heads-up from you, if you could kindly drop me a message at the following address:
https://www.theakan.com/contact/

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If you enjoyed reading this book, and found some value in it, I would be most grateful to receive a five-star rating from you! It would only take a moment. Your feedback would also help me continue to write more books such as this one, to promote learning and knowledge. Thank you again!

Regards,
Kwame Adapa